



NEWS RELEASE – Area Agency on Aging District 7

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Free Diabetes Self-Management Program Available
Soon in Ross County to the Community

Are you living with Type 2 diabetes or pre-diabetes, caring for someone living with diabetes, or are you someone who just wants to learn more about healthy living? Would you like to gain confidence and new skills to manage your diabetes and feel healthier? The Area Agency on Aging District 7, Inc. (AAA7) is excited to bring a special evidence-based Diabetes Self-Management Program to local residents.

Participants in the Diabetes Self-Management Program, a Self-Management Resource Program with the Self-Management Resource Center, will gain needed support in addition to a number of other benefits including:

- Learning practical ways to deal with pain, fatigue and depression
- Discovering ways to be more physically active
- Learning how to eat healthier and manage your diet
- Learning better ways to talk with your physician and family about your health
- Monitoring your blood sugar
- Finding ways to relax and deal with stress

The Program is available at no cost and open to those age 60 and over. The free six-week workshop will soon be offered in Ross County at Hopeton Terrace, located at 55 Sunrush Boulevard in Chillicothe. Sessions over the six-week period will be held each Wednesday from November 2nd through December 7th. Each session will be from 10:00 am until 12:30 pm. Those participating should attend all six sessions.

Participants in the Diabetes Self-Management Program can represent individuals living with diabetes, be a caregiver of someone with diabetes, or be someone who simply wants to learn more about healthy living.

Pre-registration is required by October 26th by calling the AAA7 toll-free at 1-800-582-7277, extension 284, or e-mail info@aaa7.org.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice through services paid for

by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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