



Take Charge of Your Health!

Fall brings cooler weather and is the perfect time to get outside to enjoy the many colors it brings. Taking a walk is an excellent way to recharge this time of year.

This edition of Living Well will begin to feature the proven benefits of the AAA7 Wellness Programs. We are all looking for ways to improve our health and well-being. Choosing a program that already has proven outcomes is a great way to start!

We often refer to the Wellness Programs offered at AAA7 as evidence-based programs. We also talk about them being self-management programs. So, what does that really mean?

What are evidence-based programs?

Simply put, a program is judged to be evidence-based if:

- The evaluation research shows the program produces the expected positive results
- The results can be attributed to the program itself
- The evaluation is peer reviewed by experts in the field
- The program is “endorsed” by a federal agency or respected research organization

What is self-management? Why is self-management important?

- Self-management is taking responsibility for your own behavior and well-being. In healthcare, monitoring your condition and adjusting your physical and emotional responses can help you achieve optimal quality of life.
- Providing self-managed support, such as AAA7 wellness classes, helps individuals manage their health on a day-to-day basis as they learn about self-management techniques such as problem-solving, communication, managing time and symptoms, exercise, and planning.
- There is evidence that self-management programs improve health-related behaviors thereby decreasing healthcare costs

AAA7 offers a variety of evidence-based, self-managed programs:

- A Matter of Balance Falls Management
- Chronic Disease Self-Management
- Chronic Pain Self-Management
- Diabetes Self-Management/Diabetes Educational Empowerment Program
- Powerful Tools for Caregivers

Check our schedule for Fall on the next page to learn about our upcoming classes!

Upcoming Wellness Classes

Chronic Pain Self-Management

Gallia County - Starting October 16th in Gallipolis
Pike County - Starting November 4th in Waverly

Matter of Balance Falls Management

Lawrence County - Starting October 10th in
Proctorville
Pike County - Starting October 10th in Waverly
Ross County - Starting October 10th in Chillicothe
Gallia County - Starting November 4th in Gallipolis

Diabetes Self-Management Program

Scioto County - Starting October 8th in Wheelersburg
Ross County - Starting November 6th in Chillicothe

Chronic Disease Self-Management

Jackson County - Starting October 2nd in Wellston

Diabetes Empowerment Education

Scioto County - Starting November
5th in Portsmouth
Jackson/Vinton - Starting December
2nd in Wellston



***Community organizations are
welcome to contact us to schedule
a class at your site!***



**Call 1-800-582-7277, ext. 284 or 247
or e-mail info@aaa7.org to register
or for more information on all the
classes listed.**

***Check out our website at aaa7.org to keep
up-to-date on calendar changes and additions!***

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