



Living Well

SPRING 2018

A Quarterly Wellness Newsletter

brought to you by the Area Agency on Aging District 7

Take Charge of Your Health!

Many are not aware that the Area Agency on Aging District 7 (AAA7) offers an entire suite of health and wellness programs at no charge to individuals age 60 and older. Now more than ever is the time to take charge of your health!

Learning how to self-manage your long-term health conditions, combined with tips on healthy eating and exercise will not only improve your quality of life, but may also help you save money on healthcare costs, too!

Older adults in Ohio who are taking wellness classes through the AAA7 report increased physical activity, healthier eating habits, decreased caregiver stress, and diabetics have even improved their A1C score!

The programs listed below can help you not only self-manage your long-term conditions, but also help if you have a fear of falling or long-term chronic pain issues.

Every issue will highlight one of these great programs providing you with a pathway to improving your total wellness in 2018! Contact us today at 1-800-582-7277, ext. 247 or 284 or info@aaa7.org to learn more!

Wellness Programs

The Area Agency on Aging District 7 provides wellness programs to help you live better. Contact us for more information and to learn more about when a class will be in your county or community. Classes are for individuals age 60 and over and provided at no cost.



Chronic Disease Self-Management

- For people living with a chronic disease such as asthma, arthritis, diabetes, heart disease or other life-long conditions.
- Learn how to self-manage your chronic condition by using tools such as decision making, problem solving and managing symptoms.
- Discover ways to be more physically active, learn to eat healthier, and set personal goals.



Diabetes Self-Management

- For people with pre-diabetes, diabetes, or those who are caring for someone with diabetes.
- Learn about tools to help you manage your diabetes such as eating healthier, exercising, managing your diet, and monitoring your blood sugar.



Chronic Pain Self-Management

- For people living with long-term pain or those who are caring for someone living with chronic pain.
- Learn strategies to deal with pain, stress, fatigue and depression with tools such as exercise, talking with your physician and using medications.



Matter of Balance Falls Management

- For people who have had a fall or have a fear of falling. Learn to view falls as controllable and set goals for increasing activity.
- Learn to make changes at home to reduce fall risks and exercises to increase strength and balance.



Tools for Caregivers

- Specially designed for family caregivers.
- Learn tools to help you reduce stress; take care of yourself; reduce guilt, anger and depression; and set goals and problem-solve.

Upcoming Wellness Classes

Chronic Disease Self-Management

Gallia County—Starting June 1st in Gallipolis
Jackson County—Starting July 2nd in Jackson
Lawrence County—Starting August 1st in Ironton
Pike County—Starting May 2nd in Waverly
Starting August 1st in Waverly
Scioto County—Starting May 22nd in Portsmouth

Chronic Pain Self-Management

Lawrence County—Starting August 6th in Ironton
Scioto County—Starting August 6th in Portsmouth

Matter of Balance Falls Management

Gallia County—Starting May 1st in Gallipolis
Jackson County—Starting August 1st in Oak Hill
Lawrence County—Starting August 7th in Ironton
Scioto County—June 5th in Wheelersburg

Tools for Caregivers

Gallia County—Starting June 6th in Gallipolis
Jackson County—Starting June 6th in Jackson
Lawrence County—Starting May 4th in Ironton
Pike County—Starting August 3rd in Waverly
Scioto County—Starting May 4th in Portsmouth

Diabetes Empowerment

Gallia County—Starting June 4th in Gallipolis
Jackson County—Starting June 4th in Jackson

Diabetes Self-Management

Adams County—Starting May 2nd in West Union
Jackson County—Starting May 2nd in Jackson
Lawrence County—Starting June 6th in Ironton
Ross County—Starting May 9th in Bainbridge
Scioto County—Starting July 11th in Portsmouth



Call 1-800-582-7277, ext. 247 or 284
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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