



Take Charge of Your Health!

The “Living Well” newsletter and the wellness programs at AAA7 took a break in April, May and June due to the coronavirus pandemic and inability to hold in-person classes. AAA7 is happy to announce that WE ARE BACK!! Although we still cannot offer the classes in-person, we are now able to use other formats to offer the wellness classes.

Please read below about the options still available to receive the tremendous benefits of the wellness programs while never leaving your home!

Remote Telephone Classes

This option allows individuals to participate with a small group of others on the telephone once a week for six weeks for about 30 minutes. Class kits including books, handouts, relaxation CDs and exercise CDs are mailed prior to the start of the class. Participants call-in each week on a toll-free number for a discussion about the materials that were mailed.

Virtual Online Classes

This option allows individuals to use their cell phone, i-pad, laptop, or desktop computer to join a small group of others online to attend the wellness programs. This option is the most like being in-person for the programs and allows the full program presentation, so it is held once a week for six weeks for two hours. Class kits with books, handouts and CDs are mailed prior to the class. A link to join the class each week is e-mailed to the participant.

The class kits are available at no charge for individuals age 60 and older as long as you participate in at least four of the six classes during the six weeks. Residents of all the AAA7's ten counties are encouraged to sign up: Adams, Brown, Gallia, Highland, Lawrence, Pike, Ross, Scioto and Vinton.

AAA7 staff will begin offering several wellness classes through these options. The programs will be facilitated by AAA7-trained staff members. The first program will begin June 30th and is a telephonic Diabetes Self-Management Class. Chronic Pain Self-Management classes will be held in July and August and Chronic Disease Self-Management and Powerful Tools for Caregivers are being planned as well.

Consider taking advantage of this opportunity to join small groups of others and learn valuable tools to help you manage your chronic conditions and never leave your home!

Please call us at 1-800-582-7277, extension 247, to ask questions, express interest in a class, or join a class. Look for class listings through AAA7 newspaper articles, the AAA7 website, and AAA7 Facebook page.

Upcoming Wellness Classes

Diabetes Self-Management Telephonic Class

June 30th through August 4th
1:00 pm to 1:45 pm
Held every Tuesday over the phone

Chronic Pain Self -Management Telephonic Class

July 21st through August 25th
10:00 am to 10:45 am
Held every Tuesday over the phone

Chronic Pain Self-Management Telephonic Class

August 12th through September 16th
1:30 pm to 2:15 pm
Held every Wednesday over the phone

Look for more classes to be scheduled including a Powerful Tools for Caregivers coming this Summer!

Community organizations are welcome to contact us to schedule a remote class for individuals connected to your site!



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

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

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