



Take Charge of Your Health!

As the days get shorter and the temperature drops, many are tempted to hibernate for the winter. However, staying active is proven to beat the seasonal blues and even small amounts of exercise can boost your immune system, which can reduce the risk of coughs and colds!

Attending a wellness class this winter might be just what the doctor ordered! This edition of Living Well looks at proven program outcomes and self-management strategies.

Remember, choosing to attend a program that has tested and proven outcomes is the best way to start a New Year! Let's look closer at our A Matter of Balance falls management program.

Evidence That the "A Matter of Balance" Falls Management Program Works

A Matter of Balance is available in 44 states and over 200,000 individuals have taken the class.

- Individuals who have taken the class report feeling "not sure at all" at the first class to "very sure" at the last class regarding:
 - ◆ Finding a way to get up after a fall
 - ◆ Finding ways to reduce falls
 - ◆ Being able to increase their physical strength
 - ◆ Becoming more steady on their feet
- 97% of individuals feel more comfortable in increasing activity and talking about their fear of falling
- 99% of individuals plan to continue exercising after taking the class
- 100% of individuals would recommend the class to others

Self-Management Strategies Used in "A Matter of Balance"

- Safety assessments of environment to reduce the risk of falls
- Skills to promote self confidence
- Learning exercises which increase strength and balance
- Using action plans to set realistic goals
- Using problem-solving to overcome obstacles to success

A Matter of Balance was designed to reduce the fear of falling and increase activity levels. When individuals are afraid of falling, they often give up on everyday and social activities. Giving up actually increases the risk of falling and drastically decreases quality of life. Call us to schedule A Matter of Balance for your small group today!

Check out our Winter Schedule of upcoming classes on the back page!

Upcoming Spring 2020 Issue will feature proven outcomes and self-management strategies for the Diabetes Self-Management Program!

Upcoming Wellness Classes

Chronic Pain Self-Management

Gallia County - Starting January 7th in Gallipolis
Jackson County - Starting January 9th in Jackson
Jackson County - Starting January 9th in Oak Hill
Jackson County - Starting January 10th in Wellston
Ross County - Starting February 18th in Chillicothe
Pike County - Starting February 18th in Waverly
Highland County - Starting March 19th in Hillsboro

Matter of Balance Falls Management

Adams County - Starting January 14th in West Union
Jackson County - Starting March 9th in Wellston

Diabetes Self-Management Program

Lawrence County - Starting March 11th in
Proctorville

Chronic Disease Self-Management

Scioto County - Starting February 3rd in Portsmouth

Diabetes Empowerment Education

Vinton County - Starting
February 5th in
McArthur



***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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