

Community Wellness 2018



Join us the Area Agency on Aging District 7 in 2018 at one of our wellness programs for those age 60 and over. Or call us for more information about bringing a class to your community!

Chronic Disease Self-Management

ADAMS COUNTY

Starting March 6th at Glendale Apartments in West Union

GALLIA COUNTY

Starting March 1st at the Gallia County Health Department in Gallipolis
Starting June 1st at the Holzer Wellness Center in Gallipolis

JACKSON COUNTY

Starting July 2nd at the Jackson City Library in Jackson

LAWRENCE COUNTY

Starting August 1st at the Briggs Library in Ironton

PIKE COUNTY

Starting February 8th at Bristol Village in Waverly
Starting May 2nd at the Pike County Senior Center in Waverly
Starting August 1st at Adena Health Center in Waverly

ROSS COUNTY

Starting January 17th at Hopeton Terrace in Chillicothe
Starting September 26th at Hopeton Village in Chillicothe

SCIOTO COUNTY

Starting February 5th at Southern Ohio Medical Center in Portsmouth
Starting May 22nd at Southern Ohio Medical Center in Portsmouth
Starting September 4th at the First Baptist Church in Wheelersburg

Diabetes Self-Management

ADAMS COUNTY

Starting May 2nd at the Adams County Senior Center in West Union

GALLIA COUNTY

Starting April 2nd at the Bossard Memorial Library in Gallipolis
Starting October 3rd at the Gallia County Senior Center in Gallipolis

JACKSON COUNTY

Starting May 2nd at the Jackson City Library in Jackson
Starting October 3rd at the Jackson City Library in Jackson

LAWRENCE COUNTY

Starting February 1st at the Lawrence Co. Senior Center in Ironton
Starting March 23rd at the Christ Episcopal Church Parish House in Ironton
Starting June 6th at the Briggs Library in Ironton

ROSS COUNTY

Starting March 21st at Hopeton Village in Chillicothe
Starting April 11th at Hopeton Terrace in Chillicothe
Starting May 9th at the Senior Center in Bainbridge

SCIOTO COUNTY

Starting March 21st at the Scioto County Senior Center in Portsmouth
Starting July 11th at the Scioto County Senior Center in Portsmouth
Starting November 7th at the First Baptist Church in Wheelersburg

Chronic Pain Self-Management

GALLIA COUNTY

Starting March 21st at the Holzer Wellness Center in Gallipolis

Starting October 1st at the Episcopal Church in Gallipolis

JACKSON COUNTY

Starting March 21st at Holzer Medical Center – Jackson in Jackson

Starting October 1st at Holzer Medical Center – Jackson in Jackson

LAWRENCE COUNTY

Starting April 13th at the Briggs Library in Ironton
Starting August 6th at the Lawrence County Senior Center in Ironton

PIKE COUNTY

Starting July 6th at the Adena Health Center in Waverly

SCIOTO COUNTY

Starting February 6th at the First Baptist Church in Wheelersburg

Starting August 6th at the Scioto County Senior Center in Portsmouth

Matter of Balance Falls Management

GALLIA COUNTY

Starting February 2nd at the Holzer Wellness Center in Gallipolis
Starting May 1st at the Holzer Wellness Center in Gallipolis
Starting August 7th at the Episcopal Church in Gallipolis
Starting November 1st at the Episcopal Church in Gallipolis

JACKSON COUNTY

Starting February 2nd at Seton Square Apartments in Wellston
Starting March 15th at the Jackson County Senior Center in Jackson
Starting August 7th at the Oak Hill Senior Center in Oak Hill
Starting November 1st at the Cambrian Apartments in Jackson

LAWRENCE COUNTY

Starting March 15th at the Lawrence County Senior Center in Ironton
Starting October 2nd at the Lawrence County Senior Center in Ironton

PIKE COUNTY

Starting March 8th at the Pike County Senior Center in Waverly
Starting September 4th at the Adena Health Center in Waverly

SCIOTO COUNTY

Starting March 15th at the Wheelersburg Baptist Church
Starting June 5th at the Wheelersburg Baptist Church
Starting July 10th at Riverview Retirement in Portsmouth
Starting October 2nd at the Wheelersburg Baptist Church

ROSS COUNTY

Starting March 15th at Hopeton Village in Chillicothe

Tools for Caregivers (For Family Caregivers)

GALLIA COUNTY

Starting February 7th at the Bossard Memorial Library in Gallipolis
Starting June 6th at the Bossard Memorial Library in Gallipolis

JACKSON COUNTY

Starting February 7th at the Jackson County Water Department in Jackson
Starting June 6th at the Jackson County Water Department in Jackson
Starting July 10th at Holzer Assisted Living in Jackson

LAWRENCE COUNTY

Starting May 4th at the Lawrence County Senior Center in Ironton
Starting October 5th at the Lawrence County Senior Center in Ironton

PIKE COUNTY

Starting March 2nd at the Adena Health Center in Waverly
Starting August 3rd at the Pike County Senior Center in Waverly

ROSS COUNTY

Starting March 5th at Southeastern Local Schools in Chillicothe (for caregivers of children with special health and behavioral needs)
Starting July 9th at Hopeton Terrace in Chillicothe

SCIOTO COUNTY

Starting May 4th at the Scioto County Senior Center in Portsmouth
Starting October 5th at the Scioto County Senior Center in Portsmouth

Diabetes Empowerment Education Program™ (DEEP)

GALLIA COUNTY

Starting June 4th at the Holzer Wellness Center in Gallipolis

JACKSON COUNTY

Starting January 2nd at the Jackson County Water Department in Jackson
Starting June 4th at the Jackson County Senior Center in Jackson

PIKE COUNTY

Starting October 1st at the Garnett A. Wilson Public Library in Waverly

SCIOTO COUNTY

Starting January 10th at Riverview Retirement Center in Portsmouth

VINTON COUNTY

Starting January 2nd at McArthur Park Apartments in McArthur

**Call 1-800-582-7277 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!