



# Living Well

Spring 2019

*A Quarterly Wellness Newsletter*

*brought to you by the Area Agency on Aging District 7*

## **Take Charge of Your Health!**

Let's all welcome spring with a plan to learn strategies to better manage our health! AAA7 is ready with a menu of wellness classes to get you started. According to the Centers for Disease Control (CDC), the prevalence of diabetes in southeastern Ohio is higher than the national average, often referred to as the "diabetes belt" in the United States. This edition of Living Well features classes that can help with proven tools to manage your diabetes and the serious health implications that can arise with diabetes.

**Diabetes** is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, to help our bodies make energy. The pancreas makes a hormone called insulin to help the glucose get into the cells of our bodies. When you have diabetes, your body either is not making enough insulin or cannot use the insulin as it should and this causes sugar/glucose to build up in your blood. **Prediabetes** is when your blood sugar/glucose levels are high but not high enough for a diabetes diagnosis. There are two wellness classes offered by AAA7 to assist individuals in managing diabetes and prediabetes: Diabetes Self-Management and the Diabetes Empowerment Education Program. Please consider attending one or both programs to help manage your diabetes!

## **Diabetes Self-Management**



### **How Long is the Diabetes Self-Management/Diabetes Empowerment Education Program?**

The classes consists of six two-and-a-half hour sessions held once a week for six weeks.



### **What Does the Class Include?**

Learning about diabetes and physical activity, managing diabetes through meal planning, how to identify and prevent complications of diabetes, managing your blood sugar, how to communicate with your family and health care professionals, ways to relax and deal with stress, decision-making, planning for the future, and much more!

There is no charge to attend the class and participants receive a FREE "Living a Healthy Life with Chronic Conditions" book.

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Participants in past classes have shared:

"The classes have taught me about diet and exercise."

"I learned how to take charge of my own health."

"I've started doing things I would not otherwise have started myself."

"The most helpful part of the classes are the relaxation techniques, setting goals, and talking to others in the class."

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Contact AAA7 today to register for one of the many self-management classes being offered!

Call 1-800-582-7277 and ask for extension 284 or extension 247.

# Upcoming Wellness Classes

## Chronic Pain Self-Management

Ross County — Starting April 4th in Chillicothe  
Jackson County — Starting April 9th in Wellston  
and June 4th in Jackson (**Evening**)  
Scioto County — Starting May 7th in Portsmouth  
Gallia County—Starting June 6th in Gallipolis

## Matter of Balance Falls Management

Gallia County — Starting May 7th in Gallipolis  
Jackson County— Starting May 7th in Jackson

## Tools for Caregivers of Children

Ross County — Starting May 16th in Chillicothe

## Diabetes Empowerment Education Program

Jackson County — Starting April 4th in Jackson  
(**Evening**)  
Vinton County — Starting May 1st in Wilkesville  
Adams County — Starting May 3rd in West Union  
Lawrence County — Starting June 3rd (Location TBA)  
Pike County — Starting June 5th in Waverly  
Highland County — Starting June 6th (Location TBA)

## Diabetes Self-Management

Ross County—Starting April 17th in  
Chillicothe  
Gallia County—Starting April 24th in  
Gallipolis (**Evening**)



*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](mailto:info@aaa7.org) to register  
or for more information on all the  
classes listed.**

***Check out our website at [aaa7.org](http://aaa7.org) to keep  
up-to-date on calendar changes and additions!***

Area Agency on Aging District 7  
F32-URG PO Box 500  
Rio Grande, OH 45674