



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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**Free Diabetes Self-Management Program Available Soon
to the Community in Gallia County**

Are you living with Type 2 Diabetes or Pre-Diabetes, or living with a chronic condition such as asthma, arthritis, heart disease or other life-long health conditions? Would you like to gain confidence and new skills to manage your chronic conditions and feel healthier?

The Area Agency on Aging District 7, Inc. (AAA7) is excited to bring a special evidence-based healthy aging program to local residents. This Diabetes Self-Management Program is made possible by a joint effort of the AAA7, Administration on Aging, the National Council on Aging, the Ohio Department of Aging and the Ohio Department of Health.

Participants in the Diabetes Self-Management Program will gain needed support in addition to a number of other benefits including:

- Learning practical ways to deal with pain, fatigue and depression
- Discovering ways to be more physically active
- Learning how to eat healthier and manage your diet
- Learning better ways to talk with your physician and family about your health
- Monitoring your blood sugar
- Finding ways to relax and deal with stress

Anyone in the community is welcome to attend this free six-week workshop that will soon be offered in Gallia County at the First Holzer Apartments, located at 533 Second Avenue in Gallipolis. Sessions over the six-week period will be each Thursday from February 16th through March 22nd. Each session will be from 1:00 pm – 3:30 pm. Those participating should attend all six sessions.

All ages are welcome. Participants in the Diabetes Self-Management Program can represent individuals with any of the conditions mentioned previously, be a caregiver of someone with these conditions, or be someone who simply wants to learn more about healthy living.

Pre-registration is required before January 20th by calling the AAA7 toll-free at 1-800-582-7277, extension 215 or extension 254.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and

independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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