



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

Release Date: Friday, January 8, 2021

Contact: Jenni Lewis, Community Outreach

F-32 URG PO Box 500

Rio Grande, OH 45674

Phone: 1.800.582.7277, ext. 22224

E-Mail: jlewis@aaa7.org

AAA7 Debuts “Wellness Wednesday” Livestream

A weekly livestream focusing on wellness opportunities through the Area Agency on Aging District 7 (AAA7) debuted on Wednesday, January 6th on the AAA7 Facebook page. “Wellness Wednesdays” will be featured each week at 10:00 am with a new wellness topic for discussion during the broadcast.

As routines have changed through the pandemic, so too have the wellness programs offered through the AAA7. The Agency offers a number of valuable and helpful programs designed to help individuals with their chronic conditions and other health concerns. Prior to the pandemic, the AAA7 would have these classes in person, but have moved them now to telephone classes. Through “Wellness Wednesdays”, the Agency is able to expand the reach to share information about the valuable programs available to help with chronic disease self-management, diabetes self-management and chronic pain self-management. The goal is to increase knowledge about these programs and help more and more people learn to live with their chronic conditions and/or embrace helpful tips that can help individuals live healthier.

During the episode on January 6th, Hannah Hollingshead of the AAA7’s Wellness Department and facilitator of wellness programs through the Agency, discussed the programs that are offered and the benefits associated with them. She also explained that the courses are “evidence-based” which means that they have been tested in controlled settings and have been proven to be effective.

Classes are available for those age 60 and over who live in one of the ten core counties located in the AAA7’s district which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. There is no cost associated with participating. Currently through the telephone, classes meet once a week for one hour for six total weeks.

The Agency will soon begin a Chronic Pain Self-Management class that registration is closed for, but a Diabetes Self-Management class will start on January 26th with registration still open. If interested, you can call 1-800-582-7277, ext. 247 and ask for Hannah, or e-mail info@aaa7.org. The next “Wellness Wednesday” livestream will be January 13th at 10:00 am featuring more details and information about the Chronic Pain Self-Management Program.

If you missed the episode on January 6th, you can see a recorded version on the AAA7’s Facebook page or on the AAA7’s website at www.aaa7.org.

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 specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an 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.

###

Wellness Wednesdays
with the Area Agency on Aging District 7 (AAA7)

**Join us on Wednesdays
at 10:00 am LIVE on the
AAA7 Facebook page**

*(Or watch recorded versions
on the AAA7 Facebook page
or www.aaa7.org)*

