



Living Well

Winter 2018

A Quarterly Wellness Newsletter

brought to you by the Area Agency on Aging District 7

Take Charge of Your Health!

This is the perfect time of year to begin planning for the New Year! AAA7 will be offering wellness classes at various locations and times in 2019. Plan to attend and make good choices in 2019 that will help you lead a longer, healthier, happier and safer life!

This edition of *Living Well* features a class that can help you take control of your pain, **Chronic Pain Self-Management**. Join us for a class in 2019 and learn proven strategies to manage your chronic pain.

Participants who have attended the class report they are more comfortable in talking with their doctor and family about their pain. Recent local attendees have shared, "Every person who is facing any kind of surgery should take this class to learn strategies to help them with pain and medication management." This program has been delivered to thousands of people with chronic pain and tested in two major studies. The research studies found, on average, that people who have taken the class have less pain, are less dependent on others, have improved mental health, and are more involved in everyday activities compared to people who have not taken the class. If you have long-term pain and are looking for ways to manage your symptoms, or feel limited in your daily activities, plan to join us for a class.

Chronic Pain Self-Management!



How Long is the Chronic Pain Self-Management Class?

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



What Does the Class Include?

- Learn about fatigue management, getting a good night's sleep, problem-solving, action planning, dealing with difficult emotions, pacing and planning, evaluating treatments, healthy eating and weight management, evaluating treatments and making decisions, medications for chronic pain, and a new exercise program called, "Moving Easy."

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

When asked about common symptoms they experience related to their chronic conditions, an overwhelming majority of older adults identify chronic pain as a key concern. This Chronic Pain Self-Management class can help older adults reduce their chronic pain and live fuller, healthier and more active lives!

Opioids are very effective at relieving acute pain, but their effectiveness can decrease over time, meaning increasingly higher doses are needed to have the same or lesser effect, which can lead to addiction. The Chronic Pain Self-Management class can give you tools and ideas to improve or complement treatments and other efforts to manage your pain.

Contact AAA7 today at 1-800-582-7277 to register for the next Chronic Pain Self-Management class and learn how you can manage your chronic pain!

Upcoming Wellness Classes

Chronic Disease Self-Management

Gallia County — Starting January 8th in
Gallipolis

Ross County— Starting March 6th in
Chillicothe

Scioto County — Starting January 15th in
Portsmouth

Chronic Pain Self-Management

Jackson County — Starting January 2nd in
Wellston

Matter of Balance Falls Management

Matter of Balance classes will be scheduled in
March sometime. If you have any questions,
please call us at 1-800-582-7277, ext. 284 or 247

Tools for Caregivers

Scioto County— Starting January 14th in
South Webster

Ross County – Starting February 14th in
Chillicothe

Diabetes Self-Management

Jackson County — Starting January
10th in Oak Hill

Starting February
6th in Jackson

Scioto County — Starting January
8th in Portsmouth

Ross County — Starting March 20th
in Chillicothe



*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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