



# NEWS RELEASE



<b>FOR IMMEDIATE RELEASE</b> <b>DATE: March 10, 2016</b>	<b>Contact:</b> Tracy Styka
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## Mahoning County District Board of Health is Offering Free Wellness Classes

The Mahoning County District Board of Health is sponsoring the *Healthy U Chronic Disease Self-Management Program* and the *Diabetes Empowerment Education Program*.

*Healthy U Chronic Disease Self-Management Program* is evidence-based and was developed by Stanford University School of Medicine. The program helps individuals better manage their chronic health conditions, such as diabetes, asthma, arthritis, heart disease, or hypertension. People with different chronic health conditions attend the 6-week workshop together. It is interactive where support and education encourage class participants to better manage their health to maintain active and full lives. Class begins April 5 from 2:30 to 5 PM at the Canfield library.

*Diabetes Empowerment Education Program (DEEP)* is for individuals with type 1, type 2 diabetes, or pre-diabetes. The program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP is an interactive 2-½ hour small group workshop that takes place once a week for six weeks. Class begins April 15 from 9:30 to noon at the Austintown library.

Classes are offered free of charge. Call 330-270-2855 ext. 109 for more information or to register.

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