

FOR IMMEDIATE RELEASE DATE: April 26, 2019	Contact: Tracy Styka
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Mahoning County Public Health is offering FREE Senior Wellness Classes

Mahoning County Public Health is sponsoring a number of free wellness classes for seniors.

Chronic Pain Self-Management is an educational program designed to help individuals age 60 and over with learning proven strategies to manage chronic pain and feel better. Chronic pain is any pain that lasts for more than three months. Chronic pain can have a profound negative effect on a person's well-being and quality of life leading to depression, exhaustion, and isolation. The program takes place once a week for six weeks.

The following workshop is being offered:

- Tuesdays from 9:00 AM to 11:00 AM beginning May 21 through June 25 at the Davis Family YMCA

The 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 small group workshop that takes place once a week for six weeks.

The following workshop is being offered:

- Wednesdays from 6:00 PM to 8:00 PM beginning May 22 through June 26 at Mauthe Park in Struthers

The programs are offered free of charge, but registration is required. For more information or to register, please call 330-270-2855 ext. 109. Future classes are also listed on our website at www.mahoninghealth.org.

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