



**MAHONING COUNTY
PUBLIC HEALTH**
PREVENT · PROMOTE · PROTECT



2019 Senior Wellness – Scheduled Programs

Mahoning County Public Health is offering the following FREE wellness classes to reduce the incidence and burden of chronic disease in Mahoning County.

CHRONIC PAIN

Chronic Pain Self-Management is an educational program that is designed to help individuals with learning proven strategies to manage chronic pain and feel better. People who participate in this 6-week program generally report more energy, less pain and improved mental health.

They are also less dependent on others, more involved in everyday activities, and are more satisfied with their lives.

The following classes are scheduled:

- **May 21 to June 25 – 9 to 11 AM at the Davis Family YMCA in Boardman**
- **September 4 to October 9 – 5:30 to 7:30 PM at Mauthe Park in Struthers**

DIABETES

Diabetes Empowerment Education Program (DEEP) is for individuals with type 1 or 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 6-weeks.

The following classes are scheduled:

- **May 22 to June 26 – 6 to 8 PM at Mauthe Park in Struthers**
- **July 8 to August 19 – 9 to 11 AM at the Davis Family YMCA in Boardman (with one mid-class break on July 29)**
- **July 11 to August 15 – 6 to 8 PM at Mahoning County Public Health in Austintown**

INTERESTED?

If you are interested in a class,
please call Tracy at 330-270-2855 extension 109 for more information or to register