



NEWS RELEASE



FOR IMMEDIATE RELEASE DATE: August 31, 2016	Contact: 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 an interactive class that provides support and education on the better management of participant's health while helping them to maintain active and full lives. Class begins Wednesday, September 14 and meets once a week from 10:00 AM to 12:30 PM at the Central YMCA in Youngstown.

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 6-week small group workshop that takes place once a week. Class begins Saturday, October 29 from 9:00 AM to 11:30 AM at the Central YMCA in Youngstown.

Classes are offered free of charge. Call 330-270-2855 ext. 109 or 330-744-8411 ext 155 for more information or to register.

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