



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

Address
50 Westchester Drive
Youngstown, Ohio 44515

Phone
330-270-2855

Toll Free
(800) 873-6243

Laboratory Services
330-270-2841

Website
www.mahoninghealth.org

Facebook & Twitter
@mahoninghealth



Austintown
330-792-2397

Boardman
330-788-1485

Youngstown
234-855-1575



Phone
330-270-2855 ext. 136



FOR IMMEDIATE RELEASE DATE: January 9, 2020	Contact: Tracy Styka
	Title: Community Health Education Specialist
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Mahoning County Public Health is Offering Free Senior Wellness Classes

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

A Matter of Balance is an 8-week structured falls prevention workshop that emphasizes practical strategies to reduce the fear of falling and increase activity levels. During weekly 2-hours sessions, participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

- Begins Thursday, February 6, 2020 from 1:30 PM to 3:30 PM at Mahoning County Public Health, 50 Westchester Drive, Austintown. The workshop consists of 8 weekly sessions ending on March 26, 2020.

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. Classes are interactive, where mutual support and success helps build confidence in managing health and maintaining active and fulfilling lives.

- Begins Thursday, February 6, 2020 from 1:00 PM to 3:00 PM at the Davis Family YMCA (membership not required) in Boardman. The workshop consists of 6 weekly sessions ending on March 12, 2020

The programs are offered free of charge, but registration is required. For more information or to register, please call 330-270-2855 ext. 109.

ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit mahoninghealth.org.

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JOIN US AND HELP TAKE CONTROL OF YOUR PAIN!

Chronic Pain Self-Management

Upcoming Workshop

Davis Family YMCA
45 McClurg Road
Boardman, OH 44512

Begins Thursday,
February 6, 2020 from
1:00-3:00 PM

Workshop consists of 6
weekly sessions ending on
Thursday, March 12, 2020

*To register for the free
workshop or for more
information, please call
330-270-2855
extension 109.*



Do you have long-term pain or care for someone living with chronic pain? Our **Chronic Pain Self Management Program** offers a free 6-week class to individuals age 60 and over to help participants learn proven strategies to manage chronic pain and feel better. The class will provide tools surrounding a number of topics, such as:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue and depression
- Using physical ability to improve strength and flexibility
- Using medications safely and effectively
- Relaxation
- Communicating with your doctor and family about pain
- Participants will also receive a free book, "Living a Healthy Life with Chronic Pain".



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Mahoning County Public Health
50 Westchester Drive
Austintown, OH 44515
info@mahoninghealth.org

Afraid of Falling?

A Matter of Balance

Upcoming Workshop

Mahoning County
Public Health
50 Westchester Drive
Austintown, OH 44515

Begins Thursday,
February 6, 2020
1:30 PM to 3:30 PM

Workshop consists of 8
weekly sessions ending
on Thursday,
March 26, 2020

*To register for the free
workshop or for more
information, call
330-270-2855,
extension 171.*



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an 8-week structured falls prevention workshop that emphasizes practical strategies to reduce the fear of falling and increase activity levels. During weekly 2-hours classes, participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.



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