

Family Service - Upper Ohio Valley and Quality Insights are teaming up to present:

Self-Management Mania: A Wellness Workshop Series

All are welcome to attend an educational and action-packed, five-week health and wellness series at the Family Service - Upper Ohio Valley Senior Center. **These 30-60 minute sessions will be held every Tuesday in November.** Bottled water and a light snack will be provided for those in attendance.



Family Service - Upper Ohio Valley
 2200 Main Street, 1st Floor
 Wheeling, WV 26003

10:30am - 11:30am



Week 1: November 7, 2023

Hypertension: How to take a proper blood pressure at home (bring your BP cuff if you have one), medication management, keeping a blood pressure log

Week 2: November 14, 2023

Diabetes: How to test blood glucose (bring your glucose test kit if you have one), how to keep a glucose log, carbohydrate counting, reading food labels, meal planning

Week 3: November 21, 2023

Smoking Cessation: Education on smoking and vaping, discussions on readiness to quit, medications available in store and through a doctor, making a plan to quit

Week 4: November 28, 2023

Chronic Kidney Disease: Stages of CKD, CKD Calculator, slowing the progression, renal diet, medications

Week 5: December 5, 2023

Chronic Pain: Opioid safety, Naloxone education, alternative therapies to explore for pain management

BINGO				
7	20	38	47	72
12	16	42	42	61
1	19	★	60	74
8	29	39	51	68
13	18	44	58	70

Wellness Bingo

For those who plan to attend all 5 sessions, make sure you obtain your **Wellness Bingo Card from your host!** Collect stickers from each session and enter your bingo card for a chance to win a gift card for gas or groceries.

Please RSVP using the sign-up sheet at your local senior center.

For more information or to arrange for transportation to these sessions, please contact Paula Calvert at 304-233-2350 x105.



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