

Healthy U Workshops Calendar 2017

Don't See a Workshop in your area? Please contact your local Area Agency on Aging by calling toll-free 1-866-243-5678

Program Type	Workshop Location	Start Date	End Date	Time	Address	City	Zip	County	Registering Contact	Phone Number
Healthy U: Chronic Disease Self-Management - Workshops help adults of any age gain confidence in their ability to manage symptoms and understand how their health problems affect their lives. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	Buckeye Hills Regional Council	6/22/2017	7/27/2017	1:00 - 3:30 PM	1400 Pike St	Marietta	45750	Washington	Amy Nahley	(740) 374-2782
	Helen Evans Apartments	6/29/2017	8/3/2017	1:00 - 3:30 PM	821 Hilcrest Dr	Marysville	43040	Union	Heather Jepsen	(937) 243-4963
	Metro Health - Buckeye Health Center	7/18/2017	8/22/2017	9:30 - 12:00 PM	2816 E 116th St	Cleveland	44120	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Cleveland Heights Senior Center	9/5/2017	10/10/2017	9:00 - 11:30 AM	1 Monticello Blvd	Cleveland Heights	44118	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Southern Ohio Medical Center	9/11/2017	7/27/2017	1:00 - 3:30 PM	1805 27th St	Portsmouth	456626	Scioto	Carla Cox	(800) 582-7277
	Hopeton Village	10/4/2017	11/8/2017	1:00 - 3:30 PM	153 University Dr	Chillicothe	45601	Ross	Carla Cox	(800) 582-7277
Healthy U: Diabetes Self-Management - Workshops are tailored specifically for adults living with Pre-Diabetes/Type 2 Diabetes. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	New Freedom Ministries	6/17/2017	7/22/2017	10:00 - 12:30 PM	3746 E 152nd St	Cleveland	44120	Cuyahoga	Stacey Rokoff	(216) 215-2230
	Randall Residence of Tipp City	6/20/2017	8/1/2017	1:00 - 3:30 PM	6400 S CR 25A	Tipp City	45371	Miami	Connie Ruiz	(937) 766-8200
	Shawnee Place	6/21/2017	7/26/2017	2:30 - 5:00 PM	102 E Main St	Springfield	45502	Clark	Aimee Dutton	(844) 872-4644
	St John AME Church	6/21/2017	7/26/2017	10:00 - 12:30 PM	2261 E 40th St	Cleveland	44103	Cuyahoga	Stacey Rokoff	(216) 215-2230
	True Vine Church	6/28/2017	8/2/2017	10:00 - 12:30 PM	737 18th St	Elyria	44035	Lorain	Stacey Rokoff	(216) 215-2230
	Second Baptist Church	6/29/2017	8/3/2017	1:00 - 3:30 PM	1516 E 30th St	Lorain	44055	Lorain	Stacey Rokoff	(216) 215-2230
	VAMC Georgetown Outpatient Clinic	7/11/2017	8/15/2017	10:00 - 12:30 PM	474 Home St	Georgetown	45121	Brown	Aimee Dutton	(216) 215-2230
	Lawrence County Senior Center	7/20/2017	8/24/2017	9:30 - 12:00 PM	202 Park Ave	Ironton	45638	Lawrence	Breanna Williams	(800) 582-7277
	YMCA Countryside	8/18/2017	9/22/2017	11:00 - 1:30 PM	1699 Deerfield Rd	Lebanon	45036	Warren	Cara Ebel	(513) 346-1424
	Luther Pines	10/17/2017	11/21/2017	10:00 - 12:30 PM	805 S Mumaugh Rd	Arcadia	45804	Allen	Dancie Mohler	(419) 222-7723
	Southern Ohio Medical Center	11/8/2018	12/13/2017	1:00 - 3:30 PM	1805 27th St	Portsmouth	45662	Scioto	Carla Cox	(800) 582-7277
Diabetes Empowerment Education Program (DEEP) - Workshops provide participants with tools to better manage Pre-Diabetes/Diabetes and is based on principles of empowerment and adult education. Individuals participate in an interactive workshop 2 hours a week for 6 weeks										
	Keygate Manor	7/20/2017	8/24/2017	1:00 - 3:00 PM	2629 Keygate Dr	Toledo	43614	Lucas	Aimee Dutton	(844) 872-4644
	Ohio Living Home Health & Hospice Center	7/24/2017	8/28/2017	1:00 - 3:00 PM	1110 Fifth Ave	Youngstown	44504	Mahoning	Mona Mangiarelli	(330) 744-5071
	Jackson City Library	8/31/2017	10/12/2017	1:00 - 3:00 PM	21 Broadway St	Jackson	45640	Jackson	Aimee Dutton	(844) 872-4644
A Matter of Balance - Participants meet in small groups in community settings once a week for 8 weeks (or twice a week for 4 weeks), where they learn to view falls as controllable, set realistic goals, change their environment to reduce risk factors and exercise to increase.										
	Madison County Senior Center	6/22/2017	8/10/2017	1:30 - 3:30 PM	280 W High St	London	43140	Madison	Janisse Williams	(740) 852-3001
	Source Point	7/13/2017	8/31/2017	1:00 - 3:00 PM	801 Cheshire Rd	Delaware	43015	Delaware	Abby Crisp	(740) 203-2030
	Area Agency on Aging 3	8/30/2017	10/4/2017	12:00 - 2:00 PM	200 E High St., 2nd Fl	Lima	45801	Allen	Dancie Mohler	(419) 922-7723
	Perry County District Library	9/6/2017	9/22/2017	1:00 - 3:00 PM	117 S Jackson St	New Lexington	43764	Perry	Debbie Goodrich	(740) 743-1602
	YWCA Piqua	9/12/2017	10/17/2017	1:00 - 3:00 PM	418 N Wayne St	Piqua	45356	Miami	Beth Royer-DeLong	(937) 773-6626
	Source Point	9/14/2017	11/2/2017	1:00 - 3:00 PM	802 Cheshire Rd	Delaware	43015	Delaware	Abby Crisp	(740) 203-2030
	Ohio Living Home Health & Hospice Center	9/18/2017	10/6/2017	1:00 - 3:00 PM	1110 Fifth Ave	Youngstown	44504	Mahoning	Mona Mangiarelli	(330) 744-5071
	Cincinnati VAMC Georgetown Outpatient	10/16/2017	11/20/2017	10:00 - 12:00 PM	474 Home St	Georgetown	45121	Brown	Carla Cox	(800) 582-7277
	Ohio Health - Westerville Rec Center	10/25/2017	12/13/2017	2:00 - 4:00 PM	64 E Walnut St	Westerville	43081	Franklin	Workshop Registration	(614) 566-9301
Healthy U: Chronic Pain- Workshops help participants who live with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	First Presbyterian Church	6/22/2017	7/27/2017	1:30 - 3:00 PM	1130 Highview Dr	Fairborn	45324	Greene	Julie Brown	(937) 776-3622
	East Dayton Health Center	7/5/2017	8/9/2017	2:00 - 4:30 PM	2132 E Third St	Dayton	45402	Montgomery	Patty Griswold	(937) 528-6850
	Mentor Senior Center	7/14/2017	8/18/2017	9:00 - 11:30 AM	8500 Civic Center Blvd	Mentor	44077	Lake	Rose Bobbitt	(216) 421-1350