

# Preston County Senior Citizens 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 Preston County Senior Citizens Center. **These 30-60 minute sessions will be held every Tuesday in August in the afternoon.** Bottled water and a light snack will be provided for those in attendance.

## North Preston Senior Center

13549 N Preston Hwy  
Bruceton Mills, WV 26525

**12:30pm-1:30pm**



Also available virtually via Zoom:  
Zoom link: [bit.ly/QIWWellnessNP](https://bit.ly/QIWWellnessNP)

## Preston County-Kingwood Senior Center

108 Senior Ctr Dr  
Kingwood, WV 26537

**2:15pm-3:15pm**



Also available virtually via Zoom:  
Zoom link: [bit.ly/QIWWellnessPCK](https://bit.ly/QIWWellnessPCK)

*\*For those who received a tablet from the Preston County Senior Centers, attendance at all sessions is required either virtually or in-person.\**



### Week 1: August 1, 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: August 8, 2023

**Diabetes:** How to test a 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: August 15, 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: August 22, 2023

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

### Week 5: August 29, 2023

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

BINGO				
7	20	35	47	72
12	16	42	42	61
1	19	★	60	74
5	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, or by using the following link: <https://www.eventcreate.com/e/selfmanagementmania>.