



A Training and Education service of the Area Agency on Aging 1-B

The Area Agency on Aging 1-B is excited to present our menu of Aging Matters evidence-based wellness programming for older adults and caregivers

Workshop	Location	Address	City	Start Date	Time
A Matter of Balance: Managing Concerns About Falls – 8 Weeks					
MOB	Ann Arbor Senior Center	1320 Baldwin Ave.	Ann Arbor	1/11/2019	11:00 AM - 1:00PM
MOB	McDonald Senior Apartments	370 Baldwin Ave.	Pontiac	1/16/2019	1:00 PM - 3:00 PM
MOB	Crittenton Hospital Medical Center	1101 W. University Drive	Rochester	1/17/2019	1:30PM - 3:30 PM
MOB	Village of Peace Manor	17275 Fifteen Mile Rd.	Clinton Township	1/28/2019	1:00 PM - 3:00 PM
MOB	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	2/25/2019	1:00 PM - 3:00 PM
MOB	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	3/11/2019	9:30 AM - 11:30 AM
Chronic Pain Self-Management Program – 6 Weeks					
PAIN	Huntington Woods Parks and Recreation	26325 Scotia	Huntington Woods	1/8/2019	10:00 AM - 12:30 PM
PAIN	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	1/24/2019	1:00 PM - 3:30 PM
PAIN	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	3/13/2019	1:00 PM - 3:30 PM
Diabetes Personal Action Towards Health – 6 Weeks					
DPATH	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	8/21/2019	1:00 PM - 3:30 PM
Personal Action Toward Health – 6 Weeks					
PATH	Clinton Macomb Public Library	40900 Romeo Plank Rd	Clinton Township	2/8/2019	10:00 AM - 12:30 PM
Powerful Tools for Caregivers – 6 Weeks					
PTC	City of Novi	45175 Ten Mile Rd.	Novi	2/4/2019	1:00 PM - 2:30 PM
PTC	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	5/6/2019	9:30 AM - 11:00 AM
PTC	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	3/7/2019	6:30 PM - 8:00 PM

For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email wellnessprograms@aaa1b.com