



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

Workshop	Location	Address	City	Start Date	Time
<b>Aging Mastery – 10 Weeks</b>					
AM	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	3/7/2019	1:00 PM - 2:30 PM
AM	Costick Center	28600 11 Mile Rd.	Farmington Hills	4/24/2019	10:00 AM - 11:30 AM
<b>A Matter of Balance: Managing Concerns About Falls – 8 Weeks</b>					
MOB	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	2/25/2019	1:00 PM - 3:00 PM
MOB	American House Oakland	1915 Baldwin Avenue	Pontiac	3/4/2019	2:00 PM - 4:00 PM
MOB	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	3/11/2019	9:30 AM - 11:30 AM
MOB	Fraser Senior Citizen Activity Center	34935 Hidden Pine Dr.	Fraser	3/19/19	1:00 PM - 3:00 PM
MOB	Independence Township Senior Community Center	6000 Clarkston Rd.	Clarkston	3/20/2019	1:30 PM - 3:30 PM
MOB	The Lake House	23500 Pare St.	St. Clair Shores	3/20/2019	11:30 AM - 1:30 PM
MOB	Stillwell Manor	26600 Burg Road	Warren	4/4/2019	1:00 PM - 3:00 PM
MOB	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	6/3/2019	1:00 PM - 3:00 PM
MOB	Village of Oakland Woods	420 S. Opdyke Rd.	Pontiac	7/8/2019	11:00 AM - 1:00 PM
<b>Best Friends: An Approach to Dementia Care – 1 Day</b>					
Best Friends	Washtenaw Community College	4800 E. Huron Dr.	Ann Arbor	4/30/2019	9:00 AM - 4:00 PM
Best Friends	Port Huron Senior Center	600 Grand River Ave.	Port Huron	6/14/2019	9:00 AM - 4:00 PM
Best Friends	Area Agency on Aging 1-B	29100 Northwestern Hwy, Suite 400	Southfield	7/18/2019	9:00 AM - 4:00 PM
<b>Chronic Pain Self-Management Program – 6 Weeks</b>					
PAIN	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	3/13/2019	1:00 PM - 3:30 PM
PAIN	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	5/23/2019	1:00 PM - 3:30 PM
<b>Diabetes Personal Action Towards Health – 6 Weeks</b>					
DPATH	Family Medical Center	130 Medical Center Dr.	Carleton	3/7/2019	1:00 PM - 3:30 PM
DPATH	Auburn Hills Community Center	1827 Squirrel Rd.	Auburn Hills	6/5/2019	1:00 PM - 3:30 PM
DPATH	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	8/21/2019	1:00 PM - 3:30 PM
<b>Powerful Tools for Caregivers – 6 Weeks</b>					
PTC	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	3/7/2019	6:30 PM - 8:00 PM
PTC	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	4/30/2019	6:30 PM - 8:00 PM
PTC	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	5/6/2019	9:30 AM - 11:00 AM
<b>Respite Education and Support Tools – 1 Day</b>					
REST	Macomb County - Verkuilen Building	21855 Dunham Rd.	Clinton Township	3/29/2019	9:30 AM - 4:00 PM
REST	Area Agency on Aging 1-B	29100 Northwestern Hwy, Suite 400	Southfield	6/12/2019	9:00 AM - 4:00 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](mailto:wellnessprograms@aaa1b.com)