



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

AAA 1-B is excited to present our menu of Aging Matters wellness programming for older adults and caregivers. AAA 1-B offers seven evidence-based workshops to help people improve their wellness.

Here are some upcoming workshops near you!

Workshop	Location	Street Address	City	Day	Start Date	Time
Personal Action Toward Health - 6 weeks						
PATH	Hazelcrest Place Apartments	100 Hazelcrest Pl.	Hazel Park Shelby	Tuesday	5/30/2017	10:00 AM - 12:30 PM
PATH	Shelby Senior Center	51670 Van Dyke Ave.	Township	Thursday	6/1/2017	1:00 PM - 3:30 PM
PATH	Woodland Heights	120 N. Edith Street	Pontiac	Thursday	6/15/2017	5:30 PM – 8:00 PM
PATH	Turner Senior Resource Center Independence Township Senior Center	2401 Plymouth Rd. Suite C	Ann Arbor	Mondays	6/26/2017	9:30 AM – 12:00 PM
PATH		6000 Clarkston	Clarkston	Tuesdays	9/19/2017	1:00 PM – 3:30 PM
Diabetes Personal Action Toward Health - 6 weeks						
DPATH	Samaritas Affordable Living	1131 N. Maple Rd.	Ann Arbor	Thursday	5/31/2017	1:00 PM - 3:30 PM
DPATH	Warren Community Center	5460 Arden Ave.	Warren	Thursday	6/8/2017	10:00 AM - 12:30 PM
DPATH	Troy Public Library	510 W. Big Beaver	Troy	Thursday	8/10/2017	1:00 PM - 3:30 PM
DPATH	Carls Family YMCA	300 Family Drive	Milford	Tuesday	7/11/2017	1:00 PM – 3:30 PM
DPATH	Macomb Family YMCA	10 North River Road	Mount Clemens	Thursday	7/13/2017	1:00 PM – 3:30 PM
DPATH	Farmington Family YMCA	28100 Farmington RD	Farmington Hills	Wednesday	7/19/2017	10:00 AM - 12:30 PM
DPATH	North Oakland Family YMCA	3378 E. Walton Blvd.	Auburn Hills	Wednesday	8/9/2017	1:00 PM – 3:30 PM
DPATH	Birmingham Family YMCA	400 E. Lincoln Street	Birmingham	Monday	8/14/2017	10:00 AM - 12:30 PM
DPATH	Lakeshore Family YMCA	23401 East Jefferson	St. Clair Shores	Thursday	8/24/2017	1:00 PM – 3:30 PM
DPATH	South Oakland Family YMCA	1016 W. Eleven Mile Rd	Royal Oak	Thursday	8/24/2017	1:00 PM – 3:30 PM
Chronic Pain Personal Action Toward Health - 6 weeks						
PAIN	Sterling Heights Senior Center	40200 Utica Rd	Sterling Heights	Monday	6/12/2017	1:00 PM - 3:30 PM
Cancer Personal Action Toward Health - 6 weeks						
CTS	Madison Heights Senior Center	29448 John R Rd.	Madison Heights	Friday	6/9/2017	1:00 PM – 3:30 PM
CTS	American Cancer Society	20450 Civic Center Dr.	Southfield	Monday	7/10/2017	1:00 PM – 3:30 PM
CTS	American Cancer Society	20450 Civic Center Dr.	Southfield	Monday	8/21/2017	1:00 PM – 3:30 PM
Matter of Balance - 8 weeks						
MOB	Warren Community Center	5460 Arden Ave.	Warren	Monday	6/5/2017	1:00 PM - 3:00 PM
MOB	Chelsea Senior Center	512 E. Washington Place	Chelsea	Monday	7/10/2017	1:00 PM - 3:00 PM
MOB	Sterling Heights Senior Center	40200 Utica Rd	Sterling Heights	Thursday	8/3/2017	10:00 AM - 12:00 PM
MOB	Crittenton Hospital Medical	1101 W. University Dr	Rochester	Tuesday	8/1/2017	1:30 PM – 3:30 PM
MOB	Henry Ford West Bloomfield	6777 W. Maple	West Bloomfield	Wednesday	9/6/2017	11:00 AM – 1:00 PM
MOB	Huntington Woods Park & Rec	26325 Scotia	Huntington Woods	Tuesdays	9/12/2017	10:00 AM – 12:00 PM
Creating Confident Caregivers - 6 weeks						
CCC	Waterford Senior Center	3621 Pontiac Lake Rd.	Waterford	Wednesday	6/7/2017	10:00 AM - 12:00 PM
CCC	Monroe Center for Healthy Aging	15275 Dixie Highway	Monroe	Thursday	7/20/2017	12:00 PM - 2:00 PM
Powerful Tools for Caregivers - 6 weeks						
PTC	Troy Senior Center	3179 Livernois	Troy	Monday	6/19/2017	10:00 AM - 11:30 AM
PTC	Sterling Heights Senior Center	40200 Utica Rd	Sterling Heights	Monday	8/7/2017	1:00 PM - 2:30 PM
PTC	St. John Providence Park	26850 Providence Parkway	Novi	Friday	8/18/2017	1:00 PM - 2:30 PM
PTC	Costick Center	28600 11 Mile Rd.	Farmington Hills	Tuesday	9/12/2017	10:00 AM - 11:30 AM
PTC	Waterford Senior Center	3621 Pontiac Lake Rd.	Waterford	Thursday	9/21/2017	1:00 PM – 2:30 PM
PTC	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	Monday	9/25/2017	10:00 AM - 11:30 AM
PTC	Sterling Heights Senior Center	40200 Utica Rd	Sterling Heights	Thursday	10/5/2017	10:00 AM - 11:30 AM

Most workshops have a suggested donation of \$25

**To Register to Attend OR to find out about more locations near you!
Call 1-800-852-7795, press 1 or visit our website at AAA1B.org**

For More information or to set up a workshop at your location, please contact:
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