



**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                |
|---|---|--------------------------------|----------------------|-----------|------------|---------------------|
| <b>Personal Action Toward Health - 6 weeks</b>              |   |                                |                      |           |            |                     |
| PATH  | Hazelcrest Place Apartments   | 100 Hazelcrest Pl.             | Hazel Park<br>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<br>Independence Township Senior<br>Center | 2401 Plymouth Rd.<br>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   |
| <b>Diabetes Personal Action Toward Health - 6 weeks</b>     |   |                                |                      |           |            |                     |
| 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   |
| <b>Chronic Pain Personal Action Toward Health - 6 weeks</b> |   |                                |                      |           |            |                     |
| PAIN  | Sterling Heights Senior Center  | 40200 Utica Rd                 | Sterling Heights     | Monday    | 6/12/2017  | 1:00 PM - 3:30 PM   |
| <b>Cancer Personal Action Toward Health - 6 weeks</b>       |   |                                |                      |           |            |                     |
| CTS   | Madison Heights Senior Center   | 29448 John R Rd.               | Madison<br>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   |
| <b>Matter of Balance - 8 weeks</b>                          |   |                                |                      |           |            |                     |
| 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 |
| <b>Creating Confident Caregivers - 6 weeks</b>              |   |                                |                      |           |            |                     |
| 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 - 200 PM   |
| <b>Powerful Tools for Caregivers - 6 weeks</b>              |   |                                |                      |           |            |                     |
| 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<br>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,<br>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:  
Alicia Jackson 248-262-9979 [ajackson@aaa1b.com](mailto:ajackson@aaa1b.com)