



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 - 200 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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