



DIABETES PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Mondays Evenings	March 7- April 11, 2022	5:30 pm – 8:00 pm
<u>TO REGISTER, CALL</u> (517) 887-1465 or email histedc@tcoa.org		
Tuesday Mornings	March 8 – April 26, 2022	11:30 am – 2:00 pm
<u>TO REGISTER, CALL:</u> 313-833-7080 ext. 223 or email a.kanakaris@stpatsrctr.org		
Thursday Afternoons	June 9 – July 14, 2022	2:00 pm – 4:30 pm
<u>TO REGISTER, CALL</u> (517) 887-1465 or email histedc@tcoa.org		
Wednesday Mornings	July 6 – August 17, 2022	10:00 am – 12:30 pm
<u>TO REGISTER, CALL:</u> (313)397-8227		



PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Thursday Afternoons	April 7 – May 19, 2022	1:00 pm – 3:30 pm
<u>TO REGISTER, CALL:</u> 313-833-7080 ext. 223 or email a.kanakaris@stpatsrctr.org		



Workplace PATH: A 6-week on-line workshop using Zoom

An Interactive workshop for employees with any kind of chronic condition to improve how they manage their work/life balance to cope regain a sense of control over their life and health. Topics include: ways to reduce pain, fatigue, stress, and anxiety plus time management tips to maximize energy and balance demands at work, at home, and with their own health. Sessions meet 1 hour twice a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries about costs and arrangements to livingwellprograms@r2aaa.net



Aging Mastery Program®

National Council on Aging

10-Session Webinar Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet twice a week for 3 hours on Zoom.

Tuesday and Thursday Afternoons **March 22 – April 21, 2022** **12:30 pm – 2:00 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Monday and Thursday Afternoons **May 2 – June 6, 2022** **2:00 pm – 3:30 pm GoToMeetings**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa2b.org



CREATING CONFIDENT CAREGIVERS.®

Creating Confident Caregivers: A 6-week on-line workshop using Zoom

An interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers create a positive caregiving environment, learn how to manage or redirect challenging behavior, and provide meaningful daily activities while also supporting good self-care. Sessions meet once a week for 2 hours via Zoom.

Tuesday Afternoons **March 1 – April 5, 2022** **5:30 pm – 7:30 pm**
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

Monday Afternoons **April 4 – May 9, 2022** **2:00 pm – 4:00 pm**
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org

Tuesday Evenings **April 26 – June 7, 2022** **5:00 pm – 7:00 pm**
TO REGISTER, CALL (313) 446-4444 ext. 5288 or email whitecr@daaa1a.org

Thursday Mornings **May 5 – June 9, 2022** **10:00 am – 12:00 pm**
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

**Developing
Dementia**

Dexterity



**Developing Dementia Dexterity: a 3-session
webinar using Zoom**

A 3-part webinar designed to help improve skills and confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers understand the effects of dementia on the brain, learn how to communicate and create a positive caregiving environment, understand how to manage or redirect challenging behavior, and provide meaningful daily activities. Sessions meet once a week for 1.5 hours via Zoom.

Wednesday Mornings **April 13, 20, 27, 2022** **11:00 am – 12:30 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Wednesday Afternoons **May 11, 18, & 25, 2022** **1:30 pm - 3:00 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

Wednesday Afternoons **March 23 – May 18, 2022** **1:00 pm – 3:00 pm**
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

Friday Afternoons **April 8 – June 3, 2022** **1:00 pm – 3:00 pm on GoToMeetings**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Tuesday & Thursday Afternoons **April 28 – May 26, 2022** **12:00 pm – 2:00 pm**
TO REGISTER, CALL: 313-833-7080 ext. 223 or email a.kanakaris@stpatsrctr.org

Tuesday & Thursday Mornings **May 19 – June 16, 2022** **10:00 am-12:00 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Powerful Tools
FOR Caregivers

POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom. Participants will need a webcam and a microphone to participate.

Tuesday Mornings February 15 – March 22, 2022 10:00 am – 12:30 pm
TO REGISTER, CALL: 313-446-4444 ext.5288 or email whitecr@daaa1a.org

Wednesday Afternoons March 16 – April 20, 2022 2:00 pm – 3:30 pm
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org

Tuesday Mornings April 26 – June 7, 2022 9:30 am – 12:00 pm
TO REGISTER, CALL: 313-833-7080 ext. 223 or email a.kanakaris@stpatsrctr.org

Tuesday Afternoons May 3 – June 7, 2022 5:30 pm – 7:00 pm
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

Wednesday Mornings May 11 – June 15, 2022 10:00 am – 11:30 am
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org

Thursday Mornings May 19 – June 23, 2022 11:00 am – 12:30 pm GoToMeetings
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org



Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class

Classes are offered virtually on Fridays 11:00am -12:00pm

TO REGISTER, EMAIL marsa@valleyaaa.org



Enhance Fitness is an evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives.

Classes are offered virtually on Mondays, Wednesdays, and Fridays 11:00am -12:00pm

TO REGISTER, CALL 313.833.7080, ext. 223 or email a.kanakaris@stpatsrctr.org



SilverSneakers Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Classes are offered: Mondays 10:00am-11:00am

TO REGISTER, EMAIL marsa@valleyaaa.org