



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.

Tuesday Mornings **November 9 – December 14, 2021** **10:00 am – 12:30 pm**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Tuesday Afternoons **January 11 – February 15, 2021** **1:30 pm – 4:00 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Wednesday Afternoons **January 19 – March 2, 2022** **1:00 pm – 3:30 pm**
TO REGISTER, CALL (313) 397-8227

Mondays Evenings **March 7- April 11, 2022** **5:30 pm – 8:00 pm**
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org



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.



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 **November 16 – Dec. 21, 2021** **2:00 pm – 3:30 pm**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Tuesday and Thursday Afternoons **Nov 30 & Dec. 2, 7, 9, & 14, 2021** **1:30 pm – 4:30 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net



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.

Wednesday Afternoons **November 3 – December 15, 2021** **1:00 pm – 3:00 pm**
TO REGISTER, CALL (313) 397-8227

Tuesday Afternoons **November 9 – December 14, 2021** **1:00 pm – 3:00 pm**
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

Wednesday Afternoons **January 19 – February 23, 2022** **2:00 pm – 4:00 pm**
TO REGISTER, CALL (517) 887-1465 or email histedc@tcoa.org

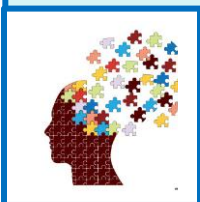
Tuesday Afternoons **March 1 – April 5, 2022** **1:00 pm – 3:00 pm**
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

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

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 Afternoons December 1, 8, & 15, 2021 1:00-2:30pm
[TO REGISTER, CALL \(517\) 592-1974](#) or email livingwellprograms@r2aaa.net

Wednesday Afternoons January 12, 19, & 26, 2022 1:00-2:30pm
[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.

Monday Afternoons November 1 – December 27, 2021 2:00 pm – 4:00 pm
[TO REGISTER, CALL \(833\) 262-2200](#) or email wellnessprograms@aaa1b.org

Tuesday & Thursday Mornings November 23 – Dec. 23, 2021 10:00 am-12:00 pm
[TO REGISTER, CALL \(313\) 397-8227](#)

Tuesday Afternoons November 30 – January 25, 2022 2:00 pm – 4:00 pm
[TO REGISTER, CALL \(269\) 982-7759](#) or email julieschwarz@areaagencyonaging.org

Wednesday Afternoons January 5– February 2, 2022 1:00 pm – 3:00 pm
[TO REGISTER, CLICK HERE](#) or call (989) 358-4616 or email mainvilleb@nemsca.org

Tuesday & Thursday Mornings February 3 – March 3, 2022 10:00 am-12:00 pm
[TO REGISTER, CALL \(517\) 887-1465](#) or email histedc@tcoa.org



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.

Monday Evenings **November 15 – Dec. 20, 2021** **6:00 pm – 7:30 pm**
TO REGISTER, CALL (833) 262-2200 or email wellnessprograms@aaa1b.org

Tuesday Afternoons **January 4 – February 8, 2022** **3:00 pm – 4:30 pm**
TO REGISTER, CLICK [HERE](#) or call (989) 358-46`6 or email mainvilleb@nemsca.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 Afternoons **May 3 – June 7, 2022** **3:00 pm – 4:30 pm**
TO REGISTER, CLICK [HERE](#) or call (989) 358-46`6 or email mainvilleb@nemsca.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: **Fridays** **11:00am -12:00pm**

TO REGISTER, EMAIL marsa@valleyaaa.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