

UPCOMING SARANAC CLASSES

PRESENTED by the IONIA COUNTY COMMISSION ON AGING

JULY 20 – SEPT. 21:

TAI CHI Classes

WEDNESDAYS - 12:45pm - 1:30pm



JOIN US at the Saranac
COMMUNITY CHURCH
125 S. Bridge Street,
Saranac MI 48881.
Phone (616) 642-6322

NOTE: Follow signs to class
meeting room location.

PLEASE CALL ICCOA
to REGISTER:

(616) 527-5365 or
888-527-5365

*Tai Chi helps increase
your balance and
flexibility, and can
reduce stress & anxiety.
Suggested donation
of \$2 per class.*

DO YOU HAVE **concerns**
about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

CLASS MEETS EVERY WEDNESDAY:

July 20 - Sept. 7 (8 week course)

10:30 am-12:30 pm (SNACK PROVIDED)

LOCATION: SARANAC COMMUNITY CHURCH

125 S. Bridge St., Saranac MI 48881 - (616) 642-6322.

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LEARN HOW TO:

- **View falls as controllable**
- **Set goals for increasing activity**
- **Make changes to reduce fall risks at home**
- **Exercise to increase strength & balance**

Suggested donation of \$2 per class. Wear comfortable clothing and closed toe shoes (like sneakers).