

UPCOMING PORTLAND CLASSES

PRESENTED by the IONIA COUNTY COMMISSION ON AGING

Starting JULY 11:

TAI CHI Classes

MONDAYS - 2pm - 2:45pm



JOIN US at the
PORTLAND LIBRARY
334 Kent Street,
Portland MI 48875.
Phone (517) 647-6981

NOTE: Elevator to
basement class 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 MONDAY:

July 11 - Aug. 29 (8 week course)

3pm-5pm (SNACK PROVIDED)

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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).