

A Matter of Balance

2021-2022 Virtual and In person
Workshops



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS



NATIONAL KIDNEY
FOUNDATION®
of Michigan

Livingston County

Hartland Senior Activity Center (2021)

Zoom Video Classes

Tuesdays and Thursdays, 1:00pm-3:00pm

Info Session: August 31 at 1:00-2:00pm

Sessions 1 – 8:

September 7, 9, 14, 16, 21, 23, 28, 30

Contact: LaShawn Griffin (800)482-1455

Wayne County

Maple Wood Senior Center (2021)

Zoom Video Classes

Mondays, 10:00am-12:00pm

Info Session: October 4 at 10:00am-11:00am

Sessions 1 – 8:

October 11, 18, 25

November 1, 8, 15, 22, 29

Contact: Danielle Willems – 734-793-1856

Washtenaw County

Clark East Tower (2021)

Zoom Video Classes

Tuesdays, 10:00am-12:00pm

Info Session: September 15 at 10:00am-10:30am

Sessions 1 – 8:

September 21, 28

October 5, 12, 19, 26

November 2, 9

Contact: Denise Mckalpain – 734-482-7958

Chelsea Wellness Center (2021)

Zoom Video Classes

Wednesdays, 1:30pm-3:30pm

Info Session: September 29 at 1:00pm-2:00pm

Session 1-8:

October 6, 13, 20, 27

November 3, 10, 17

Dec 1

Contact: Chelsea Wellness Center 734-214-0220

For additional information about the National Kidney Foundation of Michigan MOB workshops contact:

Call (800) 482 – 1455 and ask for LaShawn Griffin, Administrative Program Coordinator

Check out our website www.nkfm.org/matterofbalance or for additional MOB workshops please contact your local AAA at <http://mi-seniors.net>