1333 Brewery Park Blvd. Ste. 200 | Detroit MI 48207 | 313-446-4444
www.DetroitSeniorSolution.org

Community Health & Wellness Programs

MARCH 2022 – SEPTEMBER 2022

A Matter of Balance – 8 sessions over 4 weeks: If you have fallen or are at risk for falling, this workshop can help!

The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	**Tuesdays & Thursdays**	**4/5/22 – 4/28/22**	**1:15p.m. – 3:15 p.m.**
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Tuesdays & Thursdays** **(VIRTUAL)**	**5/3/22- 5/26/22** **(Session 0: 4/28/22)**	**12:00 p.m. – 2:00 p.m.**
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	**Wednesdays & Fridays**	**6/1/22 – 6/24/22**	**1:00 p.m. –3:00 p.m.**
The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	**Tuesdays & Thursdays**	**8/2/22 – 8/25/22**	**1:15p.m. – 3:15 p.m.**

Chronic Pain PATH (CPSMP) – 6-week workshop teaches techniques to self-manage chronic pain.

NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	**Wednesdays** **(VIRTUAL)**	**4/13/22- 5/18/22** **(Session 0: 4/6/22)**	**1:00 p.m. – 3:30 p.m.**
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Thursdays** **(VIRTUAL)**	**8/04/22- 9/8/22** **(Session 0: 7/28/22)**	**1:00 p.m. – 3:30 p.m.**

Diabetes Personal Action Toward Health (DPATH) – 6-week workshop teaches techniques to self-manage diabetes.

St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Tuesdays** **(VIRTUAL)**	**3/15/22- 4/26/22** **(Session 0: 3/8/22)**	**11:30 a.m. – 2:00 p.m.**
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	**Wednesdays** **(VIRTUAL)**	**7/13/22- 8/17/22** **(Session 0: 7/6/22)**	**10:00 a.m. –12:30 p.m.**

Personal Action Toward Health (PATH) – 6-week workshop teaches techniques to self-manage chronic health conditions.

La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	**Thursdays**	**3/17/22-4/28/22**	**10:00 a.m. –12:30 p.m.**

St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Thursdays** **(VIRTUAL)**	**4/14/22-5/19/22** **(Session 0: 4/7/22)**	**1:00 p.m. – 3:30 p.m.**

Creating Confident Caregivers – 6-week workshop for caregivers of a person with dementia still living at home. Teaches you to be a more effective caregiver and how to manage your stress level.

The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	**Thursdays**	**04/21/22 – 5/26/22**	**1:00p.m. – 3:00 p.m.**
Detroit Area Agency on Aging 313.446.4444 ext. 5288 Or email: whitecr@daaa1a.org	**Tuesdays** **(VIRTUAL)**	**5/3/22-6/7/22** **(Session 0: 4/26/22)**	**5:00 p.m. – 7:00 p.m.**
The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	**Thursdays**	**07/14/22 – 8/18/22**	**1:00p.m. – 3:00 p.m.**

Powerful Tools for Caregivers – 6-week educational program for family caregivers of adults that is designed to help caregivers take care of themselves.

St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Tuesdays** **(VIRTUAL)**	**5/3/22-6/7/22** **(Session 0: 4/26/22)**	**9:30 a.m. – 12:00 p.m.**
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	**Wednesdays**	**8/24/22 – 9/28/22**	**10:00 a.m. –12:30 p.m**

Tai Chi for Arthritis for Fall Prevention- movements and incorporated tai chi principles for improving health and wellness, as well as proven effective for fall prevention.

St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	**Wednesdays & Fridays**	**Ongoing**	**11:15 a.m. – 12:15 p.m.**
La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	**Wednesdays**	**Ongoing**	**10:00 a.m. –11:00 a.m.**

Walk With Ease - 18 sessions over 6 weeks: Helps people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health.

La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	**Tue,Wed,Thur**	**4/5/22-5/12/22**	**9:30 a.m. – 10:30 a.m.**
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235	**Mon, Tues, Thur**	**5/2/22 – 6/13/22**	**9:00a.m. – 10:00 a.m.**
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235	**Mon, Tues, Thur**	**8/15/22 – 9/26/22**	**9:00a.m. – 10:00 a.m.**