

Ionia County Classes
Tai Chi Program



Tai Chi is proven to reduce pain and improve mental well-being.

[read more](#)

Tai Chi Program

Ionia County COA

9:00a - 9:45a

Repeats every Tuesday / Thursday

Advanced Class

Location:

Ionia County COA

115 Hudson Street

Ionia, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

Tai Chi Program

Ionia County COA

11:15a - 12:00p

Repeats every Monday / Wednesday

Beginner Class

Location:

Ionia County COA

115 Hudson Street

Ionia, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

EnhanceFitness



EnhanceFitness®, a nationally recognized multi-component community-based physical activity program designed for fit and frail older adults.

[read more](#)

EnhanceFitness

Ionia County Commission on Aging

8:30a - 9:30a

Repeats every Monday / Wednesday / Friday

Location:
Ionia County Commission on Aging
115 Hudson Street
Ionia, MI

Contact:
phone(616) 527-5365
email
ryenchar@ioniacounty.org

Facilitator:
Rachel Yenchar

Organization:
Ionia County Commission on Aging

EnhanceFitness

Ionia County Commission on Aging

10:00a - 11:00a

Repeats every Monday / Wednesday / Friday

Location:
Ionia County Commission on Aging
115 Hudson Street
Ionia, MI

Contact:
phone(616) 527-5365
email
ryenchar@ioniacounty.org

Facilitator:
Rachel Yenchar

Organization:
Ionia County Commission on Aging

Walk with Ease Arthritis Foundation



Take Control. We Can Help.™

The Arthritis Foundation Walk with Ease program is a walking program designed specifically for those with Arthritis

[read more](#)

Walk with Ease

Ionia County COA

August 23rd

11:00a - 12:00p

Repeats every Tuesday / Thursday

Location:
Ionia County COA
115 Hudson Street
Ionia, MI

Contact:
phone(616) 527-5365
email
ryenchar@ioniacounty.org

Facilitator:
Rachel Yenchar

Organization:
Ionia County COA

Walk with Ease

Ionia County COA

September 13th – October 18th

10:30a - 11:30a

Repeats every Tuesday / Thursday

Location:
Ionia County COA
115 Hudson Street
Ionia, MI

Contact:
phone(616) 527-5365
email
ryenchar@ioniacounty.org

Facilitator:
Rachel Yenchar

Organization:
Ionia County COA

Exercise Program Arthritis Foundation



Take Control. We Can Help.™

The Arthritis Foundation Exercise Program uses gentle activities to help increase joint flexibility, range of motion and maintain muscle strength. While the program is designed specifically for those with arthritis, anyone can participate.

[read more](#)

Exercise Program

Ionia County Commission on Aging

August 23rd

10:00a - 11:00a

Repeats every Tuesday/Thursday

Location:
**Ionia County Commission
on Aging**
115 Hudson Street
Ionia, MI

Contact:
phone(616) 527-5365
email
sjones@ioniacounty.org

Facilitator:
Sherry Jones

Organization:
Ionia County Commission
on Aging

Diabetes PATH



Diabetes PATH helps older adults learn to manage their Diabetes and take control of their life.

[read more](#)

Diabetes PATH

Ionia Sparrow Hospital

September 13th – October 18th

5:30p - 8:00p

repeats every Tuesday

Location:

Ionia Sparrow Hospital

3565 S State Road

Ionia, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County Commission
on Aging

Diabetes PATH

Portland Library

October 17th – November 21st

12:30p - 3:00p

repeats every Monday

Location:

Portland Library

334 Kent Street

Portland, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County Commission
on Aging
