

Lake County Classes

## Matter Of Balance Class



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

an award-winning program designed to manage falls and increase activity levels in older adults.

[read more](#)

Matter Of Balance Class

**St. Ann's Senior Center**

**May 30th – June 22nd**

**1:00p - 3:00p**

Every Tuesday and Thursday

This class meets twice a week for 4 weeks

**Location:**

**St. Ann's Senior Center**

690 E 9th Street

Baldwin, MI

**Contact:**

phone(231) 745-7201

**Facilitator:**

Vicki or Sandy

---

## Diabetes PATH



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

[read more](#)

Diabetes PATH

**St. Ann's Lake County Senior Center**

**May 31st – July 5th**

**1:00p - 3:30p**

Repeats every Wednesday

**Location:**

**St. Ann's Lake County**

**Senior Center**

690 W 9th Street

Baldwin, MI

**Contact:**

phone(231) 745-7201

**Facilitator:**

Sandy Farr

**Organization:**

St. Ann's Lake County

Senior Services

---