

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.

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Matter Of Balance Class

**St. Ann's Senior Center**

**December 5th – December 28th**

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

Every Tuesday and Thursday

This class meets twice a week for 4 weeks

**Location:**

**St. Ann's Senior Center**

690 9th Street

Baldwin, MI

**Contact:**

phone(231) 745-7201

**Facilitator:**

Vicki or Sandy

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