

Mason 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

Scottville Area Senior Center

April 9th – May 2nd

1:00p - 3:00p

Repeats every Wednesday and Monday

Location:
Scottville Area Senior Center

140 S. Main St
Scottville, MI

Contact:
phone(231) 757-4705

Facilitator:
Marcia Visscher

Organization:
Scottville Senior Center

Matter Of Balance Class

Scottville Area Senior Center

September 5th – October 1st

1:00p - 3:00p

Repeats every Wednesday and Monday

Location:
Scottville Area Senior Center

140 S. Main St
Scottville, MI

Contact:
phone(231) 757-4705

Facilitator:
Marcia Visscher

Organization:
Scottville Senior Center

Diabetes PATH



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

[read more](#)

Diabetes PATH

Ludington Senior Center

April 26th – May 31st

1:00p - 3:30p

Repeats every Thursday

Location:
Ludington Senior Center
308 S. Rowe St
Ludington, MI

Contact:
phone(231) 845-6841
email
rburgett@ci.ludington.mi.us

Facilitator:
Rayma Burgett

Organization:
Ludington Senior Center

Diabetes PATH

Ludington Senior Center

May 23rd – June 27th

1:00p - 3:30p

Repeats every Wednesday

Location:
Ludington Senior Center
308 S. Rowe St
Ludington, MI

Contact:
phone(231) 845-6841
emailrburgett@ci.ludington.mi.us

Organization:
Ludington Senior Center
