

Mecosta County Classes  
**Tai Chi Program**



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

[read more](#)

Tai Chi Program

**Mecosta County Commission on Aging**

**1:45p - 2:25p**

Repeats every Tuesday and Friday

**Location:**

**Mecosta County Commission on Aging**

12954 80th Avenue  
Mecosta, MI

**Contact:**

phone(231) 972-2884

**Organization:**

Mecosta County Commission on Aging

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## Enhance Fitness For Seniors



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

[read more](#)

Enhance Fitness For Seniors

**Mecosta County Senior Center**

**7:30a - 8:30a**

Monday / Wednesday / Friday

**Location:**

**Mecosta County Senior Center**

12954 80th Avenue  
Mecosta, MI

**Contact:**

phone(231) 972-2884

**Facilitator:**

Shawn Sredersas

**Organization:**

Mecosta County Senior Center

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Enhance Fitness For Seniors

**Mecosta County Senior Center**

**8:30a - 9:30a**

Monday / Wednesday / Friday

**Location:**

**Mecosta County Senior Center**

12954 80th Avenue  
Mecosta, MI

**Contact:**

phone(231) 972-2884

**Facilitator:**

Shawn Sredersas

**Organization:**

Mecosta County Senior Center

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# 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

**Red Fox Market**

**April 12th – May 31st**

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

Repeats every Thursday

**Location:**

**Red Fox Market**

112 S. Michigan Street

Big Rapids, MI

**Contact:**

phone(231) 972-2884

email

[shawn.sredersas@mccoasc.org](mailto:shawn.sredersas@mccoasc.org)

**Facilitator:**

Shawn Sredersas

**Organization:**

Mecosta County

Commission on Aging

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Matter Of Balance Class

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**Facilitator:**

Shawn Sredersas

**Organization:**

Mecosta County COA

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