

Newaygo County Classes

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

St. Bartholomew Catholic Church

10:00a - 11:00a

Monday / Wednesday / Friday

Location:

St. Bartholomew Catholic Church

599 W Brooks
Newaygo, MI

Contact:

email

LindsayT@co.newaygo.mi.us

Facilitator:

Theresa Lindsay

Organization:

Newaygo County
Commission on Aging

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

1st Reformed Church

September 5th – September 28th

9:30a - 11:30a

Repeats every Tuesday / Thursday

Location:

1st Reformed Church

348 E Main Street
Fremont, MI

Contact:

phone(231) 689-2100 ext. 7
email

lindsayt@co.newaygo.mi.us

Facilitator:

Theresa Lindsay

Organization:

Newaygo Commission on
Aging
