

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

The Brook Retirement Community

April 4th – April 27th

10:00a - 12:00p

Repeats every Tuesday / Thursday

Location:

The Brook Retirement Community

318 W Cooperative Drive
Newaygo, MI

Contact:

phone(231) 689-2100 ext. 7

Facilitator:

Theresa Lindsay

Organization:

Newaygo Commission on
Aging
