

JOIN US for a SPECIAL presentation on how to AGE WELL in your home!

AGING IN PLACE

Monday, MAY 15 at 10am

An event sponsored by Ionia County Commission on Aging

A feature presentation by Disability Advocates of Kent County will highlight various pieces of adaptive equipment and home modifications to improve independence, safety, and help reduce the risk of falls.

Agencies (that provide services in Ionia County) participating in this event:

Disability Advocates
of Kent County

Elders' Helpers

Habitat For Humanity

Association for the Blind
and Visually Impaired

EightCAP

Ionia Co. Emergency Home
Improvement Program

You're invited to discover resources in Ionia County and what's available to help YOU age well in your home. Snacks & drinks provided. Visit and learn about services offered by each of the six agencies at this event.

ICCOA Senior Center: 115 Hudson St. IONIA MI 48846.
Call (616) 527-5365 for details.



**Join us following the "AGING IN PLACE" event
at the Ionia Senior Center for a SPECIAL**

WELLNESS OPEN HOUSE

11:30am - 12:30pm

If you're thinking of starting a new wellness routine, join us to learn about our offerings!



- Meet our instructors.
- See EnhanceFitness demonstrations.
 - See TAI CHI demonstrations.
 - Learn "HOW TO" on Zoom.
- Get info on "A MATTER OF BALANCE" class.



Call Rachel 616-527-5365 for info.