



NEW!

Healthy Aging and Eldercare Resources at the YMCA



OCTOBER 2017 Classes :

- **Matter of Balance** **Begins Oct 20** **Fridays 2-4p.m.**
This 8-week class meets once a week. Matter of Balance is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The program includes education around reducing the risk of falling, exercise, and problem solving.
Free and open for seniors 60 and older. Registration Required.
- **Walk with Ease** **Begins Oct 23** **MWF 1-2p.m.**
This 6-week walking program, developed by the Arthritis Foundation, meets 3 times a week and includes education, goal setting and walking. Participants will move toward independent exercise routines.
Free and open for seniors 60 and older. Registration Required.
- **Tai Chi for Arthritis** **Begins Oct 24** **Tuesdays 1-2p.m.**
This 6-week class was developed by medical and tai chi experts in partnership with the Arthritis Foundation. Once a week participants will learn the essential principles of mind and body integration, fluid movements, controlled breathing and mental concentration.
**Free to YMCA members 60 years of age or older.
Non-YMCA members \$24. Registration Required.**
- **Eldercare:** **Oct 26** **Thursday 5-6:30p.m.**
Preparing to Care for Aging Parents
Practical tips, resources, information and group discussion about the mid-life transition of becoming our parents' caregiver. This presentation will include: signs that indicate your parent or other family member needs help, Powers of Attorney and Advance Directives, and how to access community resources. Presenter: Linda Grap, Director, Senior Health Partners; Certified Dementia Specialist.
FREE and open to the public. Registration Required.

To register for any class, please call 269-441-0948.