

### Disease and Disability Prevention Programs

| <b>Class</b>          | <b>Dates</b> | <b>Time</b> | <b>Contact</b>      | <b>Phone</b> | <b>Location</b>   |
|-----------------------|--------------|-------------|---------------------|--------------|---|
| PATH                  | 8/5-9/9      | 10 am       | Kim Scheffler       | 231-733-8641 | Tanglewood Park<br>560 Seminole<br>Muskegon 49444                                 |
| PATH                  | 8/18-9/23    | 9:30am      | Anne Soles          | 231-869-7651 | Centenary United<br>Methodist Church<br>82 N. Hancock<br>Pentwater, MI 49449      |
| PATH                  | 9/7-10/11    | 2:30 pm     | Kim Scheffler       | 231-733-8641 | North Ottawa County<br>Council on Aging<br>422 Fulton Street<br>Grand Haven 49417 |
| Matter of Balance     | 8/3-8/26     | 9:30 am     | Dorothy<br>Burgwald | 231-727-4140 | Catholic Charities<br>1095 Third<br>Muskegon<br>49441                             |
| Matter of Balance     | 8/3-9/ 21    | 1 pm        | Kim Scheffler       | 231-733-8641 | Tanglewood Park<br>560 Seminole<br>Muskegon 49444                                 |
| Matter of Balance     | 9/14-11/1    | 10 am       | Amy Florea          | 231-733-3519 | Town Hall of Allendale<br>6676 Lake Michigan Dr.<br>Allendale 49401               |
| Tai Chi for Arthritis | 9/3-10/8     | 11 am       | Kim Scheffler       | 231-733-8641 | First Lutheran Church<br>1206 N. Whitehall Road<br>Muskegon 49445                 |
| Arthritis Exercise    | 9/3-10/8     | 10am        | Kim Scheffler       | 231-733-8641 | First Lutheran Church<br>1206 N. Whitehall Road<br>Muskegon 49445                 |