



Where to Hold Classes

Hold classes wherever older adults gather:

- Libraries
- Senior housing/independent living
- Assisted living
- Senior or community centers
- Banks
- Universities
- Hospitals
- Medical practices
- Fire departments
- Retirement centers
- YMCAs
- Area Agencies on Aging
- Senior meal sites
- Faith-based organizations
- Brain Injury Alliances
- Restaurants
- Healthcare practices

Think about the next step after A Matter of Balance: What other programs do you offer or are available in your community?

Physical activity classes like **Enhance Fitness, Tai Chi, Walk with Ease**

Self-Management classes – **CDSME** - any of the chronic disease self- management education classes

Fit and Strong!

Home Meds - Medication Management

Silver and Fit offerings

YMCA

Community Rec Programs