



Elder Center Group Balance Class



Eligibility:

Sault Tribe member + 1 non-member

Non-members must sign up with Sault Tribe member

60 years of age or older

6-Week Class:

Friday, Nov. 8, 2024 to Friday, Dec. 20, 2024

1:00 PM— 1:50 PM

Location:

Elder Care Center, 3017 Mackinac Trail, St. Ignace, MI

Register:

Sign up at the Elder Care Center or

Call Krista at (906) 203-6788 [deadline is Nov 8th]

Wear loose, comfortable clothing and athletic style shoes

Class Size is 12 individuals maximum

Brought to you by Sault Tribe Community Health Educators and Exercise Physiologists.

Supported by the Good Health and Wellness in Indian Country with funding from the

Centers of Disease Control and Prevention.