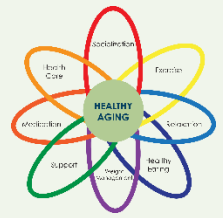


Healthy Aging 2022 Workshop Schedule



Elder Options is your source for evidence-based Healthy Aging workshops. Our workshops provide the tools needed to live a healthy lifestyle at no cost to you.

IN PERSON Workshops	DATES	DAYS	TIME
<i>A Matter of Balance</i> Senior Wellness Center 2 nd floor Ozark Bank- Ocala	April 4 – May 23	Mondays	10:30am-12:30pm
<i>DEEP- Diabetes Empowerment</i> Forest Public Library- Ocklawaha	April 5- May 10	Tuesdays	10:30am-12:30pm
<i>Tai Chi for Arthritis</i> Pinellas Health Center- The Villages	April 11 – May 30	Tuesdays & Wednesdays	10:00am-11:00am
<i>Tai Chi for Arthritis</i> Mulberry Health Center- The Villages	April 15 – June 3	Monday & Fridays	8:00am- 9:00am
<i>Tai Chi for Arthritis</i> Union County Senior Services	April 18 – June 13	Monday & Wednesdays	11:00am- 12:00pm
<i>Tai Chi for Arthritis</i> Bradford County Senior Center	April 25 – June 15	Monday & Wednesdays	2:30pm- 3:30pm

ZOOM Workshops	Dates	Days	Time
<i>A Matter of Balance</i>	April 19- June 14	Tuesday	10:00am-12:00pm

****Workshops are subject to change****

To register for a workshop or for additional information please email:

Staff at healthyaging@agingresources.org