



MSUE MINDFULNESS CLASSES AT THE CROUCH SENIOR CENTER

Michigan State University Extension Workshops!

MICHIGAN STATE UNIVERSITY Extension

Dining With Diabetes, TAI CHI, SLEEP

DINING WITH DIABETES - FREE 4 Week Workshop

Mondays, September 12 - October 3 Time: 2:00 pm - 3:00 pm

Dining with Diabetes is a fun, interactive diabetes self-management class including research-based education, cooking demonstrations and healthy recipe tasting!! Location: Multipurpose Room & Multipurpose Room Kitchen

TAI CHI - FREE 8 Week Session

Mondays, September 12 - October 31 Time: 3:00 pm - 4:00 pm

Gentle, Slow, Continuous, Community, Exercise Movement
Location: Multipurpose Room

SLEEP - FREE 4 Week Workshop, Crouch Senior Center

Mondays, October 10 - October 31 Time: 2:00 pm - 3:00 pm

New SLEEP hygiene is a program for everyone who is looking for more sleep or a better quality of sleep! Location: Multipurpose Room

Instructor:
Hanna,
MSU Extension

REGISTER
Any Class!
All Classes!

Call 768-8691

Class Location:
Crouch Senior Center
Multipurpose Room

*Minimum of 8 people
signed up and attending
to hold these classes.*



JACKSON COUNTY
Department on Aging



CROUCH SENIORCENTER

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Jackson, MI 49202

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