



**Schedules, Locations, and Trainers for
Matter of Balance and Living Well with
Chronic Conditions**

LIVING WELL WITH CHRONIC CONDITIONS

Provider: University of Minnesota Extension Services

Location: Fergus Falls Senior Center Time: 9:30-11:30 a.m.
Dates: Wednesdays-October 7, 14, 21, 28, November 4 and 18

Location: Briarwood, Perham Time: 2:30-4:30 p.m.
Dates: Fridays-October 2, 9, 16, 23, 30, November 6

Location: St James Manor, Perham Time: 2:00-4:00 p.m.
Dates: Mondays-October 5, 12, 19, 26, November 2, and 9

MATTER OF BALANCE

None listed at this time.