

Strong & Steady

Your Journey to Wellness

FREE 6-Week Program

Tuesdays: September 9th - October 14th , 2025

10 a.m. - 12 p.m.

Isabella Commission On Aging

2200 S Lincoln Rd, Mt.Pleasant, MI 48858

Registration is required

Learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

Topics Include

- Working more Effectively with Health Care Providers
- Appropriate Exercise for Maintaining and Improving Strength and Endurance
- Breathing Techniques
- Fall Prevention
- Healthy Eating
- & More



To register, please visit www.mymichigan.org/CDSMP
or if you need assistance, call MyMichigan Health Line at (800) 999-3199.