

Upcoming training: August–October 2021

August



A Matter of Balance

August 25, 10:00 a.m.—4:00 p.m.
Spectrum Generations, Augusta

September



*A Matter of Balance
Coach Training*

NEW COACH TRAINING: September 1, 10:00 a.m.—4:00 p.m.
Spectrum Generations, Augusta (limited to 10 participants)



*Health
Matters*

VIRTUAL TRAINING: September 22 or 23, 2:00—5:00 p.m.
Offered VIA ZOOM



*Tai Chi for
Health & Balance*

RECERTIFICATION ONLY: September 25, 8:30 a.m.—5:00 p.m.
Cohen Community Center, Hallowell (limited to 25 participants)



*Tai Chi for
Health & Balance*

RECERTIFICATION ONLY: September 25, 8:30 a.m.—5:00 p.m.
Cohen Community Center, Hallowell (limited to 25 participants, \$250 pp)



*Living Well for
Better Health*

IN PERSON TRAINING: September 25 to 30, 9:00 a.m.—4:00 p.m.
Cohen Community Center, Hallowell (limited to 20 participants)

October



*Living Well with
Chronic Pain*

VIRTUAL CROSS TRAINING: October 4—7, 9:00 a.m.—12:00 p.m.
Offered VIA ZOOM (Limited to 12 participants)



*Building Better
Caregivers*

IN PERSON CROSS TRAINING: October 14, 9:00 a.m.—4:00 p.m.
Cohen Community Center, Hallowell (limited to 12 participants)



*Living Well
with HIV*

IN PERSON CROSS TRAINING: October 15, 9:00 a.m.—4:00 p.m.
Cohen Community Center, Hallowell (limited to 20 participants)



*Living Well with
Diabetes*

VIRTUAL CROSS TRAINING: October 18—21, 9:00 a.m.—12:00 p.m.
Offered VIA ZOOM (Limited to 12 participants)