



CLASS SCHEDULE

Strength Training Resources for Osteoporosis – Northcoast Group

**Strength Training, Flexibility and Balance Classes
for general health and osteoporosis/fall prevention**

STRONG and BETTER BALANCE CLASSES		
ARCATA COMMUNITY CENTER 321 Community Parkway, Arcata	825-2027	M,W 9:30 a.m.
BRIDGEVILLE COMMUNITY CENTER 38717 Kneeland Rd. Bridgeville	777-1775	T,TH 10:30 a.m.
DEL NORTE SENIOR CENTER 1765 Northcrest, Crescent City	464-3069	M,W,F 10 a.m.
EUREKA ADULT EDUCATION Worthington School Campus 3400 Erie Street, Eureka	June Davis 442-5938	M,T,Th 1:40 M,T,W,Th 3:00 T,Th 5:15
FERNDALE COMMUNITY CENTER End of Main St- Fireman's Park	786-4141	Classes Pending Call for info.
FERNDALE- ST. MARK'S LUTHERAN CHURCH 795 Berding Street, Ferndale	786-4434	T,Th 5 p.m.
FORTUNA UNITED METHODIST CHURCH 922 N Street, Fortuna, CA	726-9203	M,W 5 p.m.
FORTUNA Presbyterian Church 1431 Ross Hill Rd. Fortuna	726-9203	T,Th 2 p.m.
GENERAL HOSPITAL Campus 2200 Harrison Ave, Eureka	445-5111x5649	T,Th 3 p.m.
GARBERVILLE VETERANS MEMORIAL 483 Conger St, Garberville	986-7230	M,Th 10:30 a.m.
HUMBOLDT SENIOR RESOURCE CENTER 1910 California Street, Eureka	443-9747	M,W,Th, F 1:00 p.m. T,Th 10:45 a.m.
MC KINLEYVILLE SENIOR CENTER 1620 Pickett Road, McKinleyville	839-0191	T,Th 9:30 a.m.
SILVERCREST 2141 Tydd Street, Eureka	445-3141	M,W,F 10:45 a.m.
St. Joe's Community Resource Center 38883 Hwy. 299 Willow Creek, CA	530-629-3948	W,F 3:30 p.m.

Coordinated by the Area Agency on Aging
For Further Information call (707) 442-3763