



Southern Maine  
**AGENCY**  
*On* **AGING**  
EMPOWERING OLDER ADULTS  
AND THEIR CAREGIVERS

# Register for our Fall Agewell Classes!

## Upcoming Locations

### *A Matter of Balance* *(falls prevention)*

**Naples Public Library**  
40 Roosevelt Trail, Naples  
September 16 – October 8

**South Portland Public Library**  
482 Broadway, South Portland  
September 8 – October 2

**SMAA Anderson Learning Center**  
21 Bradeen St, Springvale  
October 14 – November 6

**SMAA Portland Center**  
2320 Congress St, Portland  
October 7 - October 29



### *Tai Chi* *(intro and deepening)*

**Community Center at The Pines**  
10 Manor Street, Old Orchard Beach  
September 9 – November 18

**Kennebunkport Parks & Rec**  
25 School St, Kennebunkport  
September 9 – November 18

**South Portland Public Library**  
482 Broadway, South Portland  
September 8 – November 17

**St. Hyacinth Church**  
268 Brown St, Westbrook  
September 9 – November 24

**Scarborough Community Services**  
The Hub, 418 Payne Rd, Scarborough  
September 9 - November 18

**Deepening 2 — Virtual**  
Via Zoom  
September 9 – November 18

**Weekly Practice Sessions — Virtual**  
via Zoom  
September 10 – November 12

**Class sizes are limited. Pre-registration is required.**

**To learn more about class days and times - and to register -  
please visit [smaaa.org/events](https://smaaa.org/events) or call 207.396.6578!**