



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



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

Tai Chi *(intro and deepening)*

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

Kennebunk 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

**To learn more about class days and times - and to register -
please visit smaaa.org/events or call 207.396.6578!**