



# OLDER ADULT SERVICES



## ABOUT NSO'S OLDER ADULT SERVICES (OAS) PROGRAM

Neighborhood Service Organization's (NSO's) Older Adult Services (OAS) Program helps older adults in Wayne and Oakland counties to achieve the highest level of independence possible. Each year, OAS provides mental health services to more than 5,000 individuals. NSO has helped more than 1,000 individuals leave nursing homes and live more independent lives.

## NORTHWEST SENIOR WELLNESS CENTER

NSO's Senior Wellness Center offers community-based nutrition, health, and wellness services to older adults, adults with disabilities, and their caregivers who were dramatically affected by the pandemic. We were able to significantly reduce the level of isolation that many seniors faced.

Classes offered at Northwest Senior Wellness Center

- Information and Assistance Linking to Community Resources
- Medicare and Medicaid Assistance Program Counselors
- Walk With Ease
- A Matter of Balance
- Enhance Fitness
- Diabetes Education
- Workshops Nutrition Education
- Personal Action Towards Health
- Powerful Tools for Caregivers
- Creative Workshops

For more information please call 313-397-8227 or visit [www.nso-mi.org](http://www.nso-mi.org).