NSO Northwest Wellness Center

Wellness Center Activities & Services
(Offered to adults age 60 years and above or adults with a disability)

- Information and Assistance
- Linking to Community Resources
- Medicare and Medicaid Assistance Program Counselors
- Congregate Meals (Mon.-Fri.)
- Creative Workshops
- Enhance Fitness
- A Matter of Balance
- Nutrition Education
- Creating Confident Caregivers
- Personal Action Towards Health
- Diabetes Education Workshops
- Water Aerobics
- Walk With Ease
- Passport to Health

Location:
Northwest Activities Center • 18100 Meyers Road
**Office is located on the main floor near the beauty salon**

Office Hours:
Mon-Fri 8:30AM-5:00PM

For more information please call: (313) 397-8227

Updated 4/22/19