



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



Serving Detroit, Hamtramck,
Harper Woods, Highland Park
and the five Grosse Pointes



In partnership with Detroit Area Agency on Aging

Neighborhood Service Organization
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(313) 961-4890 • (313) 883-6206 (fax)

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Northwest Activities Center
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