



## **Healthy Aging - Elder Options**

This group offers Healthy Aging workshops. These are to help older adults lead a healthy, active lifestyle. The workshops are free. Please call or visit the [website](#) for more information.

Workshops Available:

- A Matter of Balance
- Diabetes Empowerment Education (DEEP)
- Tai Chi Program

Service Location

100 SW 75th St, Ste 301  
Gainesville, FL 32607  
United States

1.800.262.2243

## **Provider**



URL

<https://agingresources.org/>

This group provides information and resources on aging. It helps the elderly. It also helps people with disabilities.

Programs & Services:

- Abuse In Later Life Program
- Caregiver Training and Support
- Elder Abuse
- Elder Helpline
- GUIDE: Dementia Care

- Healthy Aging
- Home & Community Based Care
- SHINE Medicare Assistance
- Veterans Directed Care
- Wellness Coaching and Support

Public Email

options@agingresources.org

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Gainesville, FL 32607

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