

## Matter of Balance

County	Date	Time	Location	To Register
<b>Carlton</b>	Tuesday 10/7 – 11/25/2014	1:30 – 3:30 PM	Volunteer Service of CC 199 Chestnut Ave #3 Carlton, MN 55718	(218) 879-9238
<b>St. Louis</b>	Thursday 9/25 – 11/13/2014	9:00-11:00 AM	Glen Avon Presbyterian 2105 Woodland Ave Duluth MN	218-348-2246
	Tuesday/ Thursday 9/2 – 9/25/2014	9:00 – 11:00 AM	Salem Lutheran Church 4715 Hermantown Road Hermantown MN	218-727-1357
	Wednesday 9/10 – 10/29/2014	1:00 – 3:00 PM	Lakeview Covenant 1001 Jean Duluth Road Duluth MN	218-525-6625
	Tuesday/ Thursday 10/7 – 10/30/2014	9:00 – 11:00 AM	Salem Lutheran Church 4715 Hermantown Road Hermantown MN	218-727-1357
	Monday 9/22 – 11/10/2014	1:00 – 3 PM	Ely Sr. Center 27 S. 1 <sup>st</sup> Ave. E Ely MN	218-365-4139
<b>Itasca</b>	Friday 9/5 – 10/24/14	9:00 – 11:00 AM	Our Redeemers Lutheran 35568 Foxtail Lane Cohasset, MN	218-328-5165
<b>Aitkin</b>	Monday&Wednesday 10/6 – 10/29	9:30 – 11:30 AM	Bethesda Lutheran Church 21590 State Hwy 47 Isle MN	218-927-1383

## Living Well With Chronic Conditions

County	Date	Time	Location	To Register
<b>Douglas</b>	Monday 9/15 -10/20/2014	9am – 11:30AM	Peace Lutheran Church 9523 E US Highway 2 Poplar, WI	715-394-3611 or 1-800-870-2181
<b>Bayfield</b>	Monday 9/22 -10/27/2014	1:00-3:30 PM	Cable Community Center 13360 Cty Hwy M Cable WI	715-292-6400 Ext 0
<b>Cook</b>	Thursday 10/9 – 11/13/2014	5:00 – 7:30 PM	Saw Tooth Mountain Clinic 513 5th Ave West Grand Marais, MN 55604	218-387-2330
<b>St. Louis</b>				
<b>Lake</b>	Tuesday 10/7 – 11/11/2014	6 – 8:30 PM	Lake View – Solarium 1010 4th St. Two Harbors, MN	218-834-7200
<b>Itasca</b>	Tuesday	1:00 –	Goodall Resource Center	218-246-3018

	9/9 – 10/14/2014	3:30 PM	115 10 <sup>th</sup> Ave. NE Deer River MN	
	Tuesday 10/21 – 11/25/2014	1:00 – 3:30 PM	Goodall Resource Center 115 10 <sup>th</sup> Ave. NE Deer River MN	218-246-3018

### Living Well With Diabetes

County	Date	Time	Location	To Register
Bayfield	Thursday 10/2 – 11/6/ 2014	1:00 – 3:30 PM	Red Cliff Health Center 36745 Aiken Rd Red Cliff WI	715-292-6400 Ext. 0
Itasca	Tuesday 9/23 – 10/28/2014	1:00- 3:30 PM	Grand Rapids Public Library Community Rm 140 NE 2 <sup>nd</sup> Street Grand Rapids MN	218-529-7534

### Powerful Tools for Caregivers

County	Date	Time	Location	To Register
St. Louis	Thursday 9/25 – 10/30/2014	6:00- 8:30 PM	Our Saviors Lutheran 4831 Grand Ave Duluth, MN	(218) 624-3648
Cook	Thursday 9/18 – 10/23/2014	5:00 – 7:30 PM	Care Partners Grand Marais MN	218-387-3788
Koochiching	Monday 10/6 – 11/10/2014	1 – 3:30 PM	Lower Conference Rm Forestland Annex Bldg 1000 Fifth Street International Falls MN	218-283-7030

### Healthy Eating for Successful Living

County	Date	Time	Location	To Register
St. Louis	Friday 10/17 – 11/21/2014	9:00 – 11:30 AM	Faith Haven Apts. 4901 Grand Ave # 105, Duluth, MN	218-628-2602 Ext. 200

### Stepping On

County	Date	Time	Location	To Register
Ashland				
Bayfield	Wednesday 9/17- 10/27/2014	1-3PM	Northern Lights Dining Center 706 Bratley Dr. Washburn WI	715-292-6400 Ext 0