



Healthy Living and Wellness

For those looking to set or maintain personal wellness goals this year, we are here for you! Whether you are looking for a new physical challenge, seeking social or emotional support, or feeling inspired to join a group class, we have a comprehensive list to assist you in next steps. In addition to fitness-related goals, we have rehabilitation options, aging support groups, and primary health physicians welcoming new patients.



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NOVI

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neuropsychologyllc.com



Healthy Living and Wellness

If you're north of 40 years old, and the activities you love are starting to feel harder than they used to, **Advantage Personal Training** was built for you. Their model is called small group personal training—every member gets their own program designed around their body and goals, done in a small group setting. You get the personalized coaching and accountability of one-on-one training, with the energy and community that makes showing up actually enjoyable. No crowded gym floors, no guessing what you're supposed to do—just a coach who knows your name, a program built for you, and a group of people in your corner. Members get started because they aren't sure what exercises to do, or if they are using the right form. They leave feeling stronger in everyday life, keeping up with their grandkids, tackling hikes they wouldn't have attempted before, and feeling better at 60 than they did at 50.

Advantage Personal Training

2121 Oak Valley Dr., Ann Arbor, MI 48103
(734) 428-3305 • advantagestrength.com

Applied Fitness Solutions has been helping Ann Arbor feel stronger, move better, and live fuller lives for nearly twenty years. What sets AFS apart is its integrated team: health coaches, registered dietitians, and exercise physiologists all working together on one coordinated plan for each member. Your nutrition plan supports your training. Your coaching supports your habits. Everything connects because your team actually talks to each other. Whether you're looking for one-on-one personal training, small-group classes, a supportive place to work out on your own, or six months of guided, integrated health support, AFS meets you where you are and builds from there. Start with a free consultation—no pressure, no commitment, just a conversation about your goals.

Applied Fitness Solutions

4710 S. State Rd., Ann Arbor, MI 48108
(734) 994-8570 • 4afsfitt.com/aao

The American Heart Association is a relentless force for a world of longer, healthier lives. Dedicated to ensuring equitable health in all communities, the organization has been a leading source of health information for more than one hundred years. Supported by more than 35 million volunteers globally, they fund groundbreaking research, advocate for the public's health, and provide critical resources to save and improve lives affected by cardiovascular disease and stroke. By driving breakthroughs and implementing proven solutions in science, policy, and care, they work tirelessly in their communities to advance health and transform lives every day.

American Heart Association—Southeast Michigan

26555 Evergreen Rd., ste. 570, Southfield, MI 48076
(248) 936-5800 • heart.org

Big Hearts for Seniors

Planting Seeds: Growing Giving for Generations

June 10, 2026 | 5:30-8:30pm

Morris Lawrence Building
Washtenaw Community College
4800 E. Huron River Dr, Ann Arbor, MI 48105

Join us for a garden-themed evening full of food, fun, and entertainment. Proceeds go to the U-M Health Community Health Services Older Adult programs.



Scan the QR code for BHS Ticket Sales & Silent Auction Info or visit:
www.michmed.org/bhsevent
bigheartsevent@umich.edu



Gold Sponsor:



At the **Ann Arbor YMCA**, people from all walks of life come together to connect, grow, and thrive. Whether you're looking to improve your health, find community, or support your family's well-being, the Y is here for you. The Y has served as a leading nonprofit committed to strengthening communities for more than 175 years. A wide range of programs supports individuals of all ages and activity levels to improve their overall health. Find the support you need on your wellness journey with guided fitness programs, personal training, free group exercise classes, sports leagues, aquatics programs, and more. There's truly no place like this place—become a member today and experience it for yourself!

Ann Arbor YMCA

400 W. Washington St., Ann Arbor MI 48103
(734) 996-9622 • annarborymca.org

Arbor Hospice is there when a serious illness progresses into the final months of life. Caring and compassionate end-of-life experts provide comfort and care, while also providing comprehensive resources for both patients and their loved ones. Arbor Hospice believes no one should face the end of life alone, and that everyone has the right to spend their final months free of physical, emotional, and spiritual pain in a secure environment. When you have to make one of life's most important decisions, Arbor Hospice is there for you and your family to ensure the time that remains is peaceful and meaningful for all.

Arbor Hospice

2366 Oak Valley Dr., Ann Arbor, MI 48103
(888) 992-2273 • arborhospice.org

Meet **Best Life Pilates**: Your new favorite size-inclusive Pilates studio in Ann Arbor! You'll love the small personalized classes, one-on-one private sessions, and friendly and affirming training style. Best Life Pilates enjoys working with all ages, sizes, and abilities. Trainers are comprehensively certified, follow all osteoporosis and spine protocols, and can help you move your body safely. Come see us today!

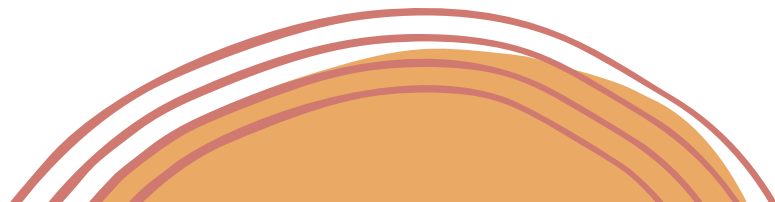
Best Life Pilates

1220 Jewett Ave., ste. 1, Ann Arbor, MI 48104
(734) 358-5461 • bestlifepilates.com

Join **University of Michigan Health's Big Hearts for Seniors** for a garden-inspired annual fundraising event on June 10, 2026, at Washtenaw Community College's Morris Lawrence Building. This year's event, *Planting Seeds: Growing Giving for Generations*, will provide an excellent opportunity for community members and sponsors to connect while enjoying great food and entertainment from *Limelight* and *the Brothers Harrington & Friends*. The event supports six U-M Health community programs that serve older adults: Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong Learning Institute, Silver Club Memory Programs, Turner African American Services Council, and Turner Senior Wellness Program. Tickets can be purchased at michmed.org/bhsevent.

Big Hearts for Seniors

4260 Plymouth Rd., Ann Arbor, MI 48109
(734) 764-6831 • michmed.org/bhsevent



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CancerSupportAnnArbor.org

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Healthcare

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Engaging

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Lifestyle

An abundance of senior housing options for all stages of life.



Supportive

Supportive, safe community that embraces newcomers of all ages and abilities.



Easy Access

Older adults feel comfortable driving in our small town with easy access to stores and parking.



Alive

Chelsea offers an environment that is alive and vibrant; ready to embrace you on your positive aging journey.



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of Chelsea
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Contact us today to schedule a visit!

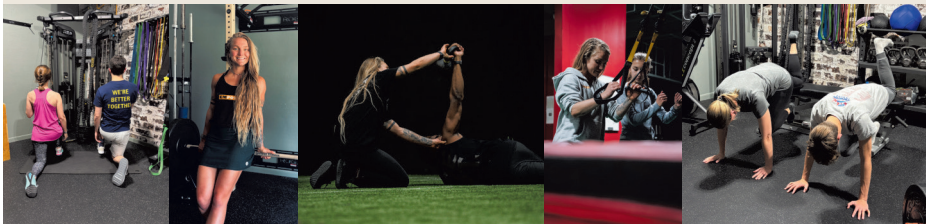
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- Improving body composition for long term health & quality of life.



Bionicc Body Screening is Michigan's first MRI full-body screening center. Sophisticated MRI technology scans the body from the top of the head through the pelvis looking for cancer and hundreds of other internal abnormalities. MRI body scans are safe, noninvasive, and emit zero radiation. Tumors as small as a pea can be detected when they are easily treatable and before experiencing symptoms. Cancer is almost always advanced by the time symptoms occur. Protect your health and be proactive today. Download a free *Welcome Information Kit* & \$200 savings offer at bioniccbodyscreening.com.

Bionicc Body Screening

26550 Northwestern Hwy., Southfield, MI 48076
(833) 246-6422 • bioniccbodyscreening.com

For eighty-seven years, **Blue Cross Blue Shield of Michigan** has been a trusted partner in health, delivering dependable coverage to more than 4.7 million members. As a nonprofit mutual insurer and independent licensee of the Blue Cross Blue Shield Association, BCBSM offers affordable plans for businesses, individuals, and seniors, ensuring every Michigan resident can access quality, affordable care. Beyond insurance, BCBSM invests in community initiatives and leads efforts to improve health outcomes statewide. Choose BCBSM for reliable protection, cost-effective options, and a commitment to a healthier Michigan for all. Visit bcbsm.com and mibluedaily.com for more information.

Blue Cross Blue Shield of Michigan

600 E. Lafayette Blvd., Detroit, MI 48226
(313) 225-9000 • bcbsm.com

The Bridge Chiropractic in Ann Arbor helps people move from frustration to freedom. Whether it's daily back pain or stubborn knee problems, the focus is helping you say "I CAN" to the things you currently cannot. The Bridge Chiropractic specializes in Gonstead chiropractic—a precise, hands-on method that delivers real results. They also offer a one-of-a-kind knee protocol you won't find anywhere else—no drugs, no surgery, no injections. If you've been told to just "live with it," it's time to visit a clinic that believes in your ability to heal.

The Bridge Chiropractic

4900 Jackson Rd., ste. D, Ann Arbor, MI 48103
(734) 929-4060 • thebridgechiro.com

Cancer Support Community of Greater Ann Arbor: Uplifting Those Impacted by Cancer. The Cancer Support Community of Greater Ann Arbor (CSC) is a local nonprofit dedicated to helping people facing cancer find hope, connection, and strength. Since 2007, CSC has provided free emotional support, education, and wellness programs for patients, survivors, caregivers, and families. Through support groups, yoga and nutrition classes, children's programs, and financial assistance, CSC creates a compassionate space where no one faces cancer alone. With both in-person and virtual offerings, CSC continues to break down barriers to care and build a stronger, more caring community. Learn more at: cancersupportannarbor.org.

Cancer Support Community of Greater Ann Arbor

2010 Hogback Rd., ste. 3, Ann Arbor, MI 48105
(734) 975-2500 • cancersupportannarbor.org

[em]power fitness takes a truly one-size-fits-one approach to strength and conditioning. When you come with a fitness-related goal, trainer Emily Elliott will design and implement a strategy to get there based on scientific principles, customized to your individual and continuously evolving needs. [em]power fitness aims to channel the inner athlete in those of all levels, helping them feel empowered in a strong and resilient body across the lifespan. The past ten years of Emily's career have been dedicated to expanding her knowledge in the field, and applying those concepts across a wide array of populations in order to better serve the people she works with.

[em]power fitness

emilynic@umich.edu
(989) 944-0077 • empowerfitness.online



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Find Your Fitness Home

The Health & Fitness Center at Washtenaw Community College isn't just a fitness facility. It's a welcoming fitness community that caters to all fitness levels and walks of life. Whether you're searching for personal training options, medically integrated programming, or engaging group fitness classes, you'll find it here.

To learn more, stop by for a tour or call 734-975-9950.

4833 East Huron River Drive, Ann Arbor, MI 48105
734-975-9950 | wccfitness.org



Washtenaw Community College does not discriminate on the basis of religion, race, color, national origin, age, sex, height, weight, marital status, disability, veteran status, sexual orientation, gender identity, gender expression, or any other protected status in its programs and activities. The following office has been designated to handle inquiries regarding non-discrimination policies: Vice President of Student Services, SC 251, 734-973-3536. Facility access inquiries: V.P. of Facilities, Development & Operations, PO 112, 734-677-5322. Washtenaw Community College (WCC) is accredited by the Higher Learning Commission (hlcommission.org). For information about WCC, call 734-973-3300. WCC-3289350_0425

We help families in hospice care focus on what matters most.

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Our hospice program allows families to focus their time where it belongs – with their loved one.

Our dedicated team of nurses, nurse assistants, doctors, chaplains, social workers, bereavement counselors and volunteers takes on the role of caregiver, so you can cherish precious moments with your loved one. We provide compassionate physical, spiritual and emotional support in the comfort of your own home or at our peaceful Hospice Home, surrounded by nature. **Learn more and take a virtual tour at henryford.com/hospicehome**

HENRY FORD HEALTH

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Michigan Doctor Diagnosed with Late-Stage Cancer After Experiencing Just *One* Symptom

It's the call no one wants to get. But for one local doctor, it became a mission to save others from the "Blind Spot" in modern medicine.



The late Dr. Ringold founded Bionicc after battling cancer twice.

(Southfield, MI) — You feel fine. You have no aches. You pass your annual physical with flying colors. You think you're safe.

But what if something sinister is silently growing inside you right now, waiting to strike?

That is the terrifying reality Dr. Warren Ringold faced. As a respected family physician for 40 years, he knew the rules of medicine better than anyone. He felt perfectly fine until a sudden onset of shortness of breath sent him to the ER.

The diagnosis was a shockwave: **Stage 4 cancer.**

While he felt healthy on the outside, tumors the size of softballs had been silently growing on the inside. He endured brutal treatments

and cruel side effects. Tragically, the cancer later returned as a brain tumor.

But before he passed, Dr. Ringold left behind a legacy—and a warning—for the rest of us.

THE "DIRTY LITTLE SECRET" OF MODERN MEDICINE: Here is the hard truth your insurance company won't tell you: The current healthcare system is reactive, not proactive.

Standard medical screenings (like mammograms and colonoscopies) only catch **29% of cancers**. That means **71% of tumors grow undetected** in areas doctors aren't even looking at.

By the time you feel a lump or pain, it is often Stage 3 or 4. As Dr. Ringold warned, "Once you have symptoms, cancer is usually advanced."

THE TECHNOLOGY THAT SEES WHAT DOCTORS MISS: Determined to stop this tragedy from happening to other families, Dr. Ringold founded **Bionicc Body Screening** in Southfield, Michigan's first MRI full-body screening center.

Using advanced MRI technology, Bionicc provides a "high-definition movie" of your insides. Unlike CT scans or X-rays, this machine emits **NO radiation** and is

completely non-invasive.

It scans the brain, neck, chest, abdomen, pelvis, and spine, looking for tumors as small as a pencil eraser. It can also detect silent killers like aneurysms and stroke risks before they become life-threatening emergencies.

"It Saved My Life" Consider Mark B., age 67. He felt fine and had no symptoms. But he knew cancer ran in his family, so he ignored the "wait and see" approach and booked a scan at Bionicc.

The MRI revealed a 3-cm mass on his lung. It was cancer. Because he caught it early, he had it removed and is alive today to tell the story.

TAKE CONTROL: No Doctor's Order Required The traditional medical system makes you jump through hoops. At Bionicc Body Screening, there is no red tape.

• **No Doctor's Referral Needed:** You are in charge of your own health.

• **No Insurance Hassles:** This is an out of pocket, elective service for those who prioritize peace of mind and proactive care.

• **Immediate Answers:** Don't wait for a crisis to find out what's going on inside your body.



Scans are safe, non-invasive, emit no radiation and are available without a doctor's referral.



LIMITED TIME OFFER
Scan the QR Code to download a free information kit + \$200 savings offer

Do not wait until you feel a symptom. A small tumor today could be a major problem tomorrow. The only difference between a tragedy and a survival story is **early detection.**

Schedule your scan today.
Call 1-833-Bionicc (833-246-6422) or visit www.BioniccBodyScreening.com



Michigan's First MRI Full Body Screening Center

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 920 N. Main Street, Ann Arbor
 734.604.5971
 jessicasapothecary.com



Healthy Living and Wellness

Grove Emotional Health Collaborative, located in downtown Ann Arbor, provides comprehensive mental health services including psychiatry, therapy, health coaching, mindfulness, and yoga. Grove serves individuals across the lifespan and warmly welcomes people of all identities. Their team is committed to delivering compassionate, person-centered care tailored to your unique goals and needs. At Grove, you'll experience thoughtful, effective, and supportive treatment in a welcoming environment. Many providers accept insurance, and they will help match you with the right services and clinician. Reach out today to begin your journey toward greater well-being—Grove Emotional Health Collaborative is here to support you every step of the way.

Grove Emotional Health Collaborative
 214 S. Main St., ste. 206, Ann Arbor, MI 48104
 (734) 224-3822 • groveemotionalhealth.com

From your first contact with **Happy & Green Dental/Ann Arbor Dental Implant Center**, their Ann Arbor dentists will be committed to your individual attention and will strive to provide personalized oral health care tailored to your unique dental needs and goals. The center works hard to create the ultimate stress-free and comfortable dental experience. Your health and comfort are top priorities, and they do what it takes to help every patient understand their symptoms and treatment options in a relaxed office setting. Dr. Soong-Ryong Jung provides high-quality oral surgery and prosthodontic services, including same day teeth (all-on-four) after placement of implants utilizing AI, digital dentistry, CAD/CAM technology, CBCT, and advanced implant protocol. Since Dr. Jung is trained in the surgical and restorative fields, the patient never needs to travel to another office for additional services.

**Happy & Green Dental Center/
 Ann Arbor Dental Implant Center**
 1910 Packard St., Ann Arbor, MI 48101
 (734) 478-7311 • annarborimplant.com

At **Henry Ford Hospice Home in Jackson**, care goes beyond medicine—it's about comfort, dignity, and compassion when it matters most. Their dedicated team provides personalized, around-the-clock support in a peaceful, home-like setting designed for both patients and their loved ones. Thoughtfully updated spaces include welcoming waiting areas for children and families, with comfortable areas to work remotely, along with a playground and beautiful outdoor spaces surrounded by nature. Henry Ford Hospice Home cares for your loved one so you can focus on creating meaningful, lasting memories together. Learn more and watch a virtual tour at henryford.com/hospicehome.

Henry Ford Hospice Home
 2150 Kingsbrooke Dr., Jackson, MI 49202
 (517) 205-7600 • henryford.com




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 Call 888-992-CARE or learn more at ArborHospice.org.



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CMR0021407

Senior Living Week Expo

Saturday, October 10, 2026

9:00am – 1:00pm

Washtenaw Community College
Morris Lawrence Building

Featured speaker, senior living service providers, and health screenings

Senior Living Week

October 11 – 17, 2026

Workshops and
Open Houses



M UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

Contact the
Housing Bureau for Seniors

(734) 998-9338
michmed.org/seniorlivingweek




NO PLACE



Like This Place



Healthy Living and Wellness

Please join the **Housing Bureau for Seniors Senior Living Week 2026** on Saturday, October 10, at Washtenaw Community College's Morris Lawrence Building. There will be more than sixty exhibitors offering products and services to aid, assist, and inform older adults and caregivers. Additionally, free flu vaccines, health and hearing screenings, and takeback of unused medications are available. The expo will be followed by a week of countywide educational workshops and open houses. All the events are free.

Housing Bureau for Seniors

3621 S. State St., door 710, Ann Arbor, MI 48108
 (734) 998-9338 • michmed.org/seniorlivingweek
HBSSSeniorLivingWeek@umich.edu

Discover a healthier, happier way to move with **H.E.H. Human Electric Hybrids, LLC**. Active transportation—walking, biking, scootering, etc.—boosts cardiovascular health, reduces stress, and makes daily travel enjoyable. Join them for an A²Zero Week event at Human Electric Hybrids on Sunday, May 31, from 1–4 p.m. Test-ride electric bicycles, cargo bikes, and scooters, and dance to live music. An AAATA bus will be on-site to show how to load your bike or simply hop aboard and learn to ride transit. Enjoy a free ice cream treat, face painting, games, and activities for kids, plus live music by the *Green Things Trio*.

H.E.H. Human Electric Hybrids, LLC

320 Miller Ave., Ann Arbor, MI 48103
 (734) 800-6052 • human-electric-hybrids.com

Locally owned and operated **Jessica's Apothecary & Spa** offers the luxury of a day spa paired with the expertise of a botanical skin care specialist. Custom facials including dermaplaning, peels, and ELEVATE Lift + Sculpt with Buccal, and massage therapy, herbal soaks, and body treatments are all offered, using products that are cruelty-free and free of synthetic fragrances and artificial colorants. A mental health advocate, owner Jessica Flora is a licensed esthetician and certified aromatherapist, and combines her knowledge with her passion for wellness to curate a peaceful environment where clients find a deep sense of calm. Stress-relieving elements are used throughout services, including warm scented towels, vagus nerve stimulation, and pressure point massage for clients to promote a radiant glow from the inside out.

Jessica's Apothecary & Spa

920 N. Main St., Ann Arbor, MI 48104
 (734) 604-5971 • jessicasapothecary.com

Your nose knows: smell loss and brain health. Loss of sense of smell is an important signal of brain disease, including Parkinson's. A landmark research study is exploring this link toward prevention. A simple scratch-and-sniff test could help scientists learn more about risk of brain disease and develop new treatments. The **Michael J. Fox Foundation** for Parkinson's research is asking anybody forty and older with and without Parkinson's disease to take a free smell test. Get started at: mysmelltest.org/annarbor.

Michael J. Fox Foundation

michaeljfox.org

Neuropsychology Partners is dedicated to the assessment and treatment of individuals with neurocognitive and psychological disorders. Patients include individuals ages twelve to ninety-nine years old who have problems with attention and possible ADHD, memory loss and dementia, stroke, Parkinson's disease, MS, concussions and traumatic brain injuries (TBI), and other neurological and behavioral disorders. Licensed psychologists provide comprehensive assessment and diagnostic services in a timely and cost-effective manner. Most health insurance plans are accepted. Schedule an appointment at the Ann Arbor or Novi location to learn more.

Neuropsychology Partners, PLLC

250 W. Eisenhower Pkwy., ste. 190, Ann Arbor, MI 48103
 46325 W. 12 Mile Rd., ste. 215, Novi, MI 48377
 (734) 961-7196 (Ann Arbor) • (248) 719-7119 (Novi)
neuropsychologyllc.com

Move your body, clear your mind, and enjoy the journey—experience everyday wellness with

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320 Miller Ave. (at First St. and Miller)
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O'Connor Hearing Center is a welcoming, professional, independent private practice celebrating nineteen years serving the Ann Arbor area. They have four Michigan-licensed hearing care providers, including three audiologists: owner Tom O'Connor, Cathy Buchele, M.A. CCC-A, and Emily Nairn Au.D., and co-owner Claudia Williams, who is a hearing aid dispenser. When you call or enter, you will be greeted by their skilled patient care coordinator. Your hearing is tested in a pressure-free, beautiful environment. The office has state-of-the-art testing equipment and counseling space designed for your hearing health decision. The office is handicap accessible and welcoming for patients, friends, and family members. O'Connor Hearing Center is a participating provider with Blue Cross Blue Shield and Blue Care Network. Major credit cards accepted. Hearing aid prices range from \$795 to \$3,200 each and include audiology service and an in-office service plan.

O'Connor Hearing Center

203 S. Zeeb Rd., ste. 207, Ann Arbor, MI 48103
(734) 994-8300 • oconnorhearing.com

For over 50 years **Packard Health** has provided quality health care for everyone, regardless of insurance status or ability to pay. With three locations across Washtenaw County, their providers can treat your whole family, from infants to seniors. Services include primary care, mental health care, pharmacy, and addiction treatment. Packard Health is accepting new patients, with or without insurance, and appointments are available now. A sliding fee scale is available, and a patient advocate is able to help with insurance enrollment, transportation, or supplemental food if needed. Quality care for everyone—right here in your community.

Packard Health

2650 Carpenter Rd., Ann Arbor, MI 48108
(734) 971-1073 • packardhealth.org

Silver Maples of Chelsea Retirement Neighborhood is an award-winning, locally owned nonprofit retirement neighborhood that offers a vibrant, supportive, and enriching place to age. Thoughtfully designed and comfortably scaled, Silver Maples provides a variety of living options—from independent condo-style homes and apartments to licensed assisted living and short-term respite stays. Residents enjoy complimentary transportation for personal appointments, Sunday church services, and special outings to help them stay connected and engaged. Life at Silver Maples is filled with wellness-focused programs, meaningful events, and inviting spaces to gather. Enjoy a free membership to the Chelsea Wellness Center, rotating exhibits by local artists at our on-site gallery, and beautifully landscaped grounds perfect for relaxing or connecting with neighbors. Plus, pets are warmly welcomed—making Silver Maples truly feel like home.

Silver Maples of Chelsea Retirement Neighborhood

100 Silver Maples Dr., Chelsea, MI 48118
(734) 475-4111 • silvermaples.org

The Health & Fitness Center at Washtenaw Community College offers a wide variety of services designed for all fitness levels, all within a state-of-the-art facility. The personal training staff, class instructors, and member services staff are dedicated to providing you with the best fitness experience possible. Get support as you exercise with the MyFitRx™ program—a medically integrated personalized exercise program designed to help you feel comfortable and competent. Or take your own path with top-of-the-line equipment like NuStep cross trainers, recumbent bikes, and the arm ergometer; classes in meditation, Sit 'n' Fit chair exercises, and tai chi; and a walking track and warm saltwater and lap pools. Memberships for individuals, couples, students, seniors, and more are available.

The Health & Fitness Center at Washtenaw Community College

4833 E. Huron River Dr., Ann Arbor, MI 48105
(734) 975-9950 • wccfitness.org



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Your Nose Knows: Smell Loss and Brain Health.

Sense of smell is an important signal of brain disease, including Parkinson's. A landmark research study is exploring this link toward prevention. A simple scratch-and-sniff test could help scientists learn more about risk of brain disease and develop new treatments.

The Michael J. Fox Foundation for Parkinson's Research is asking anybody 40 and older with and without Parkinson's disease to take a free smell test. Get started at: mysmelltest.org/annarbor or scan the QR code.



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