



OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd. ✦ Gaylord, Michigan 49735 ✦ Fax: 989.731.2739 ✦ occoa@occoaonline.org
989.732.1122 ✦ www.OtsegoCountyCOA.org

Presents...

GRAY MATTERS

BRAIN FITNESS PROGRAM



A SIX-WEEK PROGRAM

Designed to encourage a happy healthy brain by focusing on six key factors:

- ① Mindfulness
- ② Exercise
- ③ Education
- ④ Skills
- ⑤ Creativity
- ⑥ Socialization

EVERY TUESDAY AND THURSDAY

Tuesday, July 16th

Through

Thursday, August 22nd

1:00 to 2:30pm • UC Gaylord

80 Livingston Boulevard, Gaylord

For more information and to register, please call Amanda,
OCCOA Healthy Aging Program Coordinator, at **989.748.4068**



**DR
PATRICK J
MCNAMARA
FUND**

