



OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd. ✦ Gaylord, Michigan 49735 ✦ Fax: 989.731.2739 ✦ [occoa@occoaonline.org](mailto:occoa@occoaonline.org)  
989.732.1122 ✦ [www.OtsegoCountyCOA.org](http://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

### MONDAYS AND WEDNESDAYS

### May 18th Through June 29th

*PLEASE NOTE: No class Monday, May 25th due to Memorial Day*

### 1:30 to 3:00pm • 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**

