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Presents...



STRIVE FOR BALANCE!

Physically • Emotionally • Mentally • Spiritually
STAY CALM AND KEEP GOING!

Every Tuesday • 10:00 to 11:00am

Otsego County Sportsplex - Yellow Room

1250 Gornick Ave

Welcoming Matter of Balance Graduates!

For more information or to sign up,
please call the OCCOA main desk at

989.732.1122