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*Presents...*



## **Outdoor Edition!**

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

**Every Tuesday • 10:00 to 11:00am**

**Otsego County Sportsplex Pavilion**

*1250 Gornick Ave. Gaylord, MI*

*For Matter of Balance Graduates!*

**For more information call Amanda at 989.748.4068**

*Remember... outdoor settings differ from indoor settings.*

*Please prepare with the proper essentials for that day: ex. water, sunscreen, bug spray, clothes, etc.*

*Weather can effect class for any particular day.*

*Please call the weather hotline at 989.731.5652 for class updates!*