



1165 Elkview Dr. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧
989.732.1122 ✧ www.OtsegoCountyCOA.org

Presents...



STRIVE FOR BALANCE!

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

Every Tuesday & Thursday

10:00 to 11:00am

OCCOA - Activities Room

1165 Elkview Dr. Lower Level Entrance

Available to the Public, Class Size Limited

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

989.732.1122