



1165 Elkview Ave. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.732.9050 ✧

989.732.1122 ✧ www.OtsegoCountyCOA.org

Presents...



Strive for balance!

Physically • Emotionally • Mentally • Spiritually
Stay Calm and Keep Going!

Tuesday & Thursday

9:30 a.m. to 10:30 a.m.

OCCOA - Activities Room

1165 Elkview Ave. Lower Level Entrance

A SAIL Program!



For more information, call

989.732.1122