

Life is a Balancing Act (LBA) Classes



With Teresa Powers

Life is a Balancing Act!

Strive for balance in LBA Classes—
physically, mentally, and spiritually!

Tuesday & Thursday

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

No Charge to Attend*

Otsego County Commission on Aging

Activities Room—Lower Level

1165 Elkview Ave., Gaylord, MI

For more information, call

(989) 732-1122



OTSEGO COUNTY COMMISSION ON AGING

1165 Elkview Ave. ✧ Gaylord, Michigan 49735

989.732.1122 ✧ www.OtsegoCountyCOA.org