



1165 Elkview Ave., P.O. Box 430, Gaylord, MI 49734
(989) 732-1122 • www.OtsegoCountyCOA.org

Presents . . .

Mind, Body & Spirit Connection

Nurture your mind, body, and spirit and experience a full-body connections.



Discover inner harmony and holistic well-being!

Otsego County Commission on Aging

Lower-Level Activities Room, 1165 Elkview Avenue, Gaylord, MI

Every Tuesday
3:00 p.m. to 4:00 p.m.
\$3.00 per Class

Call (989) 748-4068 for more information.

Immerse yourself in a holistic experience designed to harmonize your mind, body, and spirit!

This unique class integrates the therapeutic modalities of sound therapy, meditation, and somatic body movements, offering a profound journey toward inner peace and holistic well-being. Whether you seek to reduce stress, enhance body awareness, or cultivate a deeper spiritual connection, this class provides the tools and techniques to support your path.

