



1165 Elkview Avenue • Gaylord, Michigan 49735
989.732.1122 • www.OtsegoCountyCOA.org

Essentials of Balance



Essentials of Balance is a balance program focusing on the prevention of falls.

Tuesday

10:45 a.m. to 11:45 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
