

# Finding the Good Stuff Inside YOU

Canteen Activity Center, is exciting to be extending an invitation to Cheryl Wade, Author and Therapist. Cheryl will be speaking to *Finding the Good Stuff Inside You When Life Gives You Hick Ups*. Cheryl will be assisted by Selene, her seeing eye guide dog. Cheryl will pass on some ideas and present ways to look at STUFF differently. She will leave you with some inspiration that might change things for you. Lunch is served at the Canteen at 12:00 noon. Reservations needed for lunch by either calling the Site Coordinator or filling our the registration form.



Tuesday, September 19, 2017

Location: Canteen Activity Center  
800 Livingston Avenue  
Bay City, 48708

10:00—11:00 a.m. Program  
11:00—11:30 a.m. Q & A  
12:00 noon Lunch

\$2.50 suggested donation  
(60 years & better)

Lunch offers choice of main entrée or salad or sandwich:  
**Entrée: Beef Pot Roast, Mashed Potatoes/Gravy, Buttered Cabbage, Chocolate Mousse**  
**Salad: Chef Salad      Sandwich: Grilled Meatloaf Sandwich**

Call Jane for any transportation requests or to make reservations at **892-6605**,  
Tuesday, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m.  
Visit our web page at [www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/) for more exciting opportunities  
Like us on Face book: [www.facebook.com/Bay County Department on Aging](http://www.facebook.com/Bay County Department on Aging)

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Name: \_\_\_\_\_ phone #: \_\_\_\_\_

Address or email: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Indicate menu choice      Entrée \_\_\_\_\_ Salad \_\_\_\_\_ Sandwich \_\_\_\_\_

Eligible (60 yrs. & better) \_\_\_\_\_      Non Eligible (59 yrs. & under) \_\_\_\_\_

Indicate if a Release and Waiver of Liability is on file:    Yes \_\_\_\_\_      Need to Sign \_\_\_\_\_

only need one release on file