



Bay County Division on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors

Getting in Touch— Nature, Mind and Body

Beth Trahan, Community Center Recreation Instructor, will talk about the importance of taking good care of yourself. Accepting the things we cannot control and work to change the things we can. She will talk about being present, being mindful of what is around us. Train your brain to block out outside negative energy. She will introduce us to simple techniques and ways to accomplish this, (ah ha moments). Use the bottom portion of flyer to reserve your spot.

Enjoy a noon meal prior to the program and select meal choice.

Thursday, July 21, 2016

Times: 12:00—12:45 p.m. Lunch
12:45—1:30 p.m. Program/Q & A
2:00—3:00 p.m. Caregiver Meeting



Location: Canteen Pavilion
800 Livingston Avenue
Bay City, 48708

Space is limited so get your registration in early.
\$2.50 suggested donation (60 yrs. & better) for lunch
fee: \$4.75 (59 yrs. & under)

Menu: choice of Entrée, Salad or Sandwich
Entrée: Chili, Baked Potato, Green/Yellow Beans, Apple Caramel Dip
Salad: Chef Salad or Sandwich: Taco Salad Wrap

Volunteers will receive volunteer hours for attending the in service

To make reservations and/or transportation requests call Debbie at (989) 895-4100.
Reservation's must be made to attend by calling or filling out the section below, no later than
Monday, July 18, 2016

For more information on this and other programs offered at the Division on Aging visit our webpage at
www.baycounty-mi.gov/aging/

Name: _____ Phone: _____

Email or Home Address: _____ Amount Paid: _____

indicate menu choice: entrée _____ salad _____ sandwich _____

Indicate category: Senior _____ Caregiver Participant _____ Division on Aging Volunteer _____

Check if Release and Waiver of Liability is on file: Yes _____ Need to sign _____
(only need one release form on file)

individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Request should be directed at (989) 895-4098. In service for July, 2016