



Bay County Department on Aging ~ presents  
*In service opportunity for Volunteers, Caregivers, and Seniors*  
 Informational Session on Brain Train

Jan Doerr, Owner/ND (Naturopathic Doctor) at Health Naturally, will speak on Brain Train. Once again, Jan will bring us closer in tapping into our own healing properties. Brain Train is the concept of mind over body. She will hit on oxygenating the brain, improving your memory and reducing confusion.

Be sure to register by filling out bottom portion of this flyer. Space is limited.

We need numbers for adequate handouts.

This program is open to 60 plus participants, Caregivers, and Department on Aging Volunteers.

Join us for lunch prior to the program.

**Thursday, May 17, 2018**

Times: 12:00—12:45 p.m. Lunch  
 12:45—1:45 p.m. Program  
 2:00—3:00 p.m. Caregiver Meeting



Location: Riverside Activity Center  
 800 J. F. Kennedy Drive  
 Bay City, 48706

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

Lunch offers choice of entrée, salad or sandwich  
 See the Wonderful Times, webpage or call the main office for choices.

To make reservations and/or transportation requests call Sandy at (989) 893-7070.  
 Reservation's must be made to attend by calling or filling out the detached section, no later than  
 Wednesday, May 16th.

For more information on this and other programs offer from the Department on Aging visit our  
 webpage at [www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/)

Like us on Facebook: [www.facebook.com/Bay County Division on Aging](http://www.facebook.com/Bay County Division on 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 contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. In service May 2018