

Bay County Division on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors



Laughter The Other Medicine

Want to hear about a new medicine that's free, and has been proven to make one feel better? No it is not a scam. It is called laughter. The best time to laugh is anytime, the amount of time is often and the results are joy and zest for life. Laughter is a powerful antidote to stress, pain, and conflict. Come and learn how to achieve a brighter mood and happier day. Bring a joke or a funny story to share and be ready to laugh.

Cannot be responsible for side aches...Enjoy lunch prior to the program.

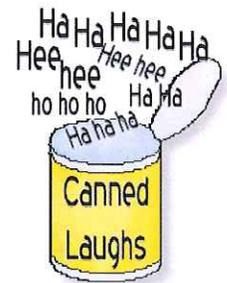
Thursday, September 24, 2015

Times:

- 12:00—12:45 p.m. Lunch
- 1:00—1:45 p.m. Laughter 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
fee: \$4.75 (59 yrs. & under)



Menu: Entrée~ Chicken Parmesan w/sauce, Spaghetti, Vegetables, Tropical Fruit Salad, Garlic Bread
Or choice of: Salad ~ Chef or Sandwich~ Corned Beef

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
Tuesday, September 22, 2015

For more information on this and other programs offer from 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 to Tim Quinn at 989 895-4098.

In service for Sept15