

Bay County Division on Aging ~ presents

In service opportunity for Volunteers, Caregivers, and Seniors

IN SERVICE—WHAT YOU NEED TO KNOW

RELAXATION & MEDITATION EXPERIENCE

Stress and havoc exist in everyone's life. The question is, How do we handle those times? Beth Trahan, Bay County Recreation Instructor, will speak and demonstrate methods of stress reduction through deep breathing, stretching, and meditation. The goal is to teach yourself techniques to stay calm, relaxed and smile more often.

Enjoy a traditional Thanksgiving Dinner with all the fixings before the program.

We encourage you to come and introduce yourself for new possibilities towards a better you.

Thursday, November 20, 2014

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

Location: Riverside Dining 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~ Turkey, Mashed Potatoes/Gravy, Stuffing, Squash, Cranberry Sauce, Pumpkin Pie, Roll,
or choice of salad or sandwich—Salad: Chicken Salad Sandwich: American Club Wrap

Volunteers will receive credit for meeting an In service requirement.

To make reservations and/or transportation requests call Debbie at (989) 895-4100.

Reservation's must be made to attend by calling or filling our the detached section, no later than
Monday, November 17, 2014

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 November, 2014