



Bay County Department on Aging

in cooperation with



Balancing Your Life

The Department on Aging along with RENEUE Physical Therapy will be introducing a new program, "Balancing Your Life". This program is a graduation from the former Matter of Balance with a few twists. "Balancing Your Life" will consist of a 4 week series, on Monday's from 11:00 am to 12:00 noon with lunch to follow. The concept of the program will be an education component then 30 minutes of balancing exercises each session by Therapist from RENEUE. Each week a specific presenter will speak on their expertise offering "did you know" ideas on nutrition, senior supportive programs, why exercising for balance is a must then the actual exercise to increase flexibility and strength.

This invitation is extended to the 60 years and better population.

Monday's May 13, 20, June 3, 10, 2019

Times: 11:00—12:00 Program
12:00 noon Lunch

Location: Canteen Activity Center
800 Livingston Avenue, Bay City

Fee : \$5.00 for 4 week session
\$2.50 suggested donation (60 years & better) for lunch

Week one: RENEUE Physical Therapist—Overview on how important balance exercises are—RENUe— 45 mins. of exercises.
Week two: Jessica Somerlott, LBSW— Ask The Case Worker—RENUe - 30 mins of exercises.
Week three: Barb Kraycsir, Dietician—Nutritional Component —Foods Make the Body Good.—RENUe - 30 mins of exer.
Week four: RENEUE Physical Therapist — Final day with exercises, recap and evaluation.

Lunch offers choice of main entrée, or salad or sandwich
Call for meal choices or visit the webpage also published in the Wonderful Times

To make reservations and/or transportation requests call Eric at (989) 895-4100.
Reservation's must be made to attend by calling or filling out the detached section.
For more information on this and other programs offer from the Department 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 _____

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. May/june Balancing Your Life 2019