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Presents...



Stay calm and keep going!
Physically • Emotionally • Mentally • Spiritually
Strive to be in balance!

Every Tuesday, Starting October 4, 2016

10:00 to 11:00am

University Center Gaylord

80 Livingston Boulevard

(Limited to Matter of Balance past participants only)

For more information or to sign up, please call
the Otsego County Commission on Aging at

989.732.1122