

OCCOA

presents

EDUCATIONAL BREAKFAST SERIES

University Center, Room #111-112

9:00 a.m. – 11:00 a.m.

October 1, 2009

“How do we protect ourselves?”

Information on Self Defense

November 5, 2009

“How do we live with loss?”

Information on Grieving

December 3, 2009

“How do we enjoy traveling?”

Information on Affordable Travel

January 7, 2010

“How do we stay fit?”

Information on Safe Exercise

February 4, 2010

*“How do we get things fixed
and know that it is done right?”*

Information on how to find a Handyman

March 4, 2010

“How do we care for our hearts?”

Information on Heart Health

April 1, 2010

“How do we make cooking fun again?”

Information on Cooking for One

May 6, 2010

“How do we know if we are a caregiver?”

Information on Being and Caring for Caregivers

June 3, 2010

“How do we deal with the loss of hearing?”

Information on Hearing Loss

July 1, 2010

*“How do we know what vitamins, supplements or
alternative medicines are safe?”*

Information on Alternative Medicine

August 5, 2010

*“How do we know when it is time for
wills and trusts?”*

Information on Wills & Trusts

September 2, 2010

*“How do we know when there is not enough
money to go around?”*

Information on Money Management

The Educational Breakfast Series includes a continental breakfast.

Suggested donation of \$5.00 (at the door)

Please RSVP to help us with our plans by calling the
Otsego County Commission on Aging
at (989) 732-1122