

# OCCOA

*presents*

## **EDUCATIONAL BREAKFAST SERIES**

**University Center, Room #111-112**

**9:00 a.m. – 11:00 a.m.**

**October 7, 2010**

*“How can mental games improve my brain ?”*

**April 7, 2011**

*“How do we clean the clutter and downsize?”*

**November 4, 2010**

*“How do we learn about prescription drug abuse in our community?”*

**May 5, 2011**

*“How do I plant a successful garden?”*

**December 2, 2010**

*“How can we enjoy the holidays in new ways?”*

**June 2, 2011**

*“How do we maintain healthy blood pressure and cholesterol levels?”*

**January 6, 2011**

*“How do we cope with changes?”*

**July 7, 2011**

*“How do we enjoy the outdoors?”*

**February 3, 2011**

*“How do we have fun with chocolate?”*

**August 4, 2011**

*“How do we benefit from healthy breathing?”*

**March 3, 2011**

*“How do we properly manage our prescription drugs?”*

**September 1, 2011**

*“How do we find relief from stress?”*

**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 your  
Otsego County Commission on Aging  
at (989) 732-1122