

# UPCOMING



# EVENTS

## A Matter of Balance



Thursdays, Apr. 9-May 28, 2020, OCCOA at University Center Gaylord at 1:00pm-3:00pm  
Wednesdays, Apr. 22 - Jun. 17, 2020, at Hale Senior Citizen Center from 10:00am-12:00pm  
Tuesdays/Thursdays, Apr. 7 - Apr. 30, 2020, Roscommon County COA at 10:00am-12:00pm  
Fridays, May 1-Jun. 19, 2020, at Montmorency County Commission on Aging at 9:30am-11:30am  
Tuesdays/Fridays, Jun. 2-Jun. 26, 2020 at Ogemaw Commission on Aging at 9:30am-11:30am  
Tuesdays/Fridays, Aug. 4-Aug. 28, 2020 at Ogemaw Commission on Aging at 9:30am-11:30am  
Thursdays, Aug. 6-Sep. 24, 2020, OCCOA at University Center Gaylord at 9:30am-11:30am  
Tuesdays/Thursdays, Aug. 4-Aug. 27, at MI Works in Grayling from 1:30pm-3:30pm

## Powerful Tools for Caregivers

Mondays, May 4-Jun. 15, 2020, at Alcona County Commission on Aging from 1:00pm-3:30pm  
Wednesdays, Aug. 5-Sep. 9, 2020 at Iosco, Robert J. Parks Library from 1:00pm-3:30pm



## Creating Confident Caregivers

Wednesdays, Apr. 8 - May 13, 2020, OCCOA at Otsego Memorial Hospital from 6:00pm-8:00pm  
Tuesdays, May 5 - Jun. 16, 2020, in Presque Isle County from 1:00pm-3:00pm  
Thursdays, Jul. 9 - Aug. 13, 2020, at Cheboygan County Council on Aging from 1:00pm-3:00pm  
Wednesdays, Aug. 5 - Sep. 9, 2020, OCCOA at Otsego Memorial Hospital from 6:00pm-8:00pm

## Personal Action Towards Health (PATH)

### Chronic Pain PATH:

Wednesdays, Apr. 22 - May 27, 2020 at Hale Senior Citizen Center from 1:00pm-3:30pm  
Thursdays, Jun. 4-Jul. 9, 2020, at 501 Norway Street Grayling from 1:00pm-3:30pm

### Diabetes PATH:

Wednesdays, Apr. 29-Jun. 3, 2020, at Ogemaw Commission on Aging from 1:00pm-3:30pm



For more information, including workshops not listed in your county,  
call Brooke Mainville at 989.358.4616  
or go to [www.nemcsa.org](http://www.nemcsa.org)

NEMCSA, 2375 Gordon Road, Alpena, MI 49707