

# UPCOMING



# EVENTS

## A Matter of Balance

Tuesdays/Wednesdays, Oct. 6-Oct. 28, 2020 at Michigan Works in Grayling from 1:30pm-3:30pm  
Tuesdays/Thursdays, Nov. 10-Dec. 8, 2020 at 1015 Short Drive from 1:00pm-3:00pm



## Powerful Tools for Caregivers

Tuesdays, Nov. 3-Dec 8, 2020 Online Virtual method from 5:30pm-7:00pm



## Creating Confident Caregivers



## Personal Action Towards Health (PATH)

Chronic Pain PATH:

Diabetes PATH:

TBD, Online Virtual Method



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