

# Take Care of Yourself in 2017

## Goal—Stress Reduction

Stress has been associated with many illness. The pro active approach is to 1. be aware of the stressors in your life and 2. learn effective stress management tools. Amy Kaczmarek, RSW, Bereavement Coordinator with McLaren Visiting Nurse & Hospice will offer a presentation to identify stressors and hints and techniques to help limit our stressors. Amy will touch on massage therapy, aroma therapy and music therapy and the ability to make changes in our life styles.

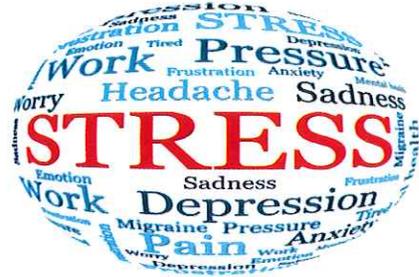
Lunch will be served at 12:00 noon with program to start immediately after.

Class size is limited so get your reservation in early.

Bring your questions and get ready to kick off 2017 in a stress less way.

Thursday, January 19, 2017

Location: Canteen Activity Center  
800 Livingston Avenue  
Bay City, 48708



12:00 noon  
12:45—1:30 p.m. Presentation  
Amy Kaczmarek, RSW

\*\$2.50 (60 years & better)  
\$4.75 (59 years & under)  
(Package includes: \$2.50 suggested donation for lunch)

Lunch offers choice of main entrée or salad or sandwich:

Entrée: Roasted Pork Loin, Mixed Vegetables, Corn Casserole, Strawberry Poke Cake, Roll  
Salad: Crispy Chix or Sandwich: Taco Wrap

Call Alice for any transportation requests or to make reservations at 892-6605, Wednesday and Thursday's from 9:30 a.m.—1:00 p.m. Or the main office at 895-4100.

Visit our web page at [www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/) for more exciting opportunities.

Like us on Facebook: [www.facebook.com/Bay County Division on Aging](http://www.facebook.com/Bay County Division on Aging)

Name: \_\_\_\_\_ phone #: \_\_\_\_\_

Address or email: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Indicate menu choice: Entrée \_\_\_\_\_ Salad \_\_\_\_\_ Sandwich \_\_\_\_\_

Eligible (60 yrs. & better) \_\_\_\_\_ Non Eligible (59 yrs. & under) \_\_\_\_\_

Indicate if a Release and Waiver of Liability is on file: Yes \_\_\_\_\_ Need to Sign \_\_\_\_\_

only need one release on file

Individuals with disabilities may request auxiliary aids/service by providing 10 days notice to the County of Bay before the scheduled event.

Request should be directed at 895-4098.

Take Care of Yourself, 2017