

Improve Your Health Without Going to the Doctor

Cultivating Gratitude



Wouldn't it be nice if the wave of a wand could lift your mood, increase your energy level, help you sleep better, and enhance your kindness? While we're at it, perhaps it could decrease pain and tension and boost your immune system too!

Alas, magic wands only exist in fairytales, but fortunately you can accomplish improvements in all these areas with increased awareness and a little know-how. Learn simple techniques to break down common barriers and achieve success in building an attitude of gratitude.

Greendale Wednesday, December 5 at 11:00am

Mills Wednesday, December 5 at 12:30pm

Trailside & Sanford Thursday, December 6 at 12:00pm

Coleman Thursday, December 13 at 12:40pm



We encourage you to come for lunch the day of the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642