



Grand Traverse County Commission on Aging Senior Center Network

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FOR IMMEDIATE RELEASE

Date: Tuesday, August 25, 2015

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Subject: Women Working on Wellness Group

Beginning Friday, September 11 at 11:30 am, the Senior Center in Traverse City will host a special women's group that will focus on strategies, challenges and desires for a healthier lifestyle. Participants are encouraged to bring recipes, articles, and routines found online or done at home.

Marge Roman, a holistic health advocate, will be working with Lori Wells, GTCOA Deputy Director, to co-facilitate the group. Both women have recently made lifestyle changes that have led to significant weight loss and hope to share their steps to success with others. "Women will find motivation and support within this group," says Wells.

Advance registration requested as space is limited. Questions? Call 231-922-4911.

The Senior Center Network is part of the Grand Traverse County Commission on Aging – "Caring for those who cared for you" for 40 years.

Lori Wells, Deputy Director

Grand Traverse County Senior Center Network

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The Senior Center Network is part of the Commission on Aging, "Caring For Those Who Cared For You." The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or Facebook page for more information.