



Grand Traverse County Commission on Aging Senior Center Network

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FOR IMMEDIATE RELEASE

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Subject: Men Group Hosts Non Traditional Medicine Presentation

Men, do you know why you may not be triggering your fat burning engine? Come to the Senior Center on Friday, April 10 at 12:00 pm to learn the top 10 reasons why!

“Many men claim to lose 5 pounds in the next week from what they learn at this presentation,” says Dr. Michael E. Burr, DC who has 30 years of experience of helping people regain and maintain their optimum lifestyle. Getting your body working for you instead of against is the best way for long term success. Some people can't seem to lose weight at all, while others can lose only to put it right back. Attendees will learn "why" at this presentation.

Led by Thomas McWhorter, the Mens Group meets weekly on Fridays at noon and plays host to a variety of speakers on a range of topics. The group discusses the challenges and opportunities of new retirement and subjects like new roles that come with retirement, part time work, volunteering, leisure activities, making new friends and challenges with aging, health and emotions will be tackled. Men only please. 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.

