

January

Friday | Jan. 12th | 8:30 a.m.



Beaumont Commons - Dearborn

16351 Rotunda Drive
Dearborn, MI 48120

Reminder

CAA offers grants up to \$250 for low income seniors in need. Please reach out to a board member for more information.

Next Meeting

Friday Feb. 9th
Oakmont Northville
Presenter: Rebecca Braun - Elder Law

1 MONTHLY SPONSOR

We would like to extend a unique opportunity for businesses to support the senior community. As we gear up for our upcoming meetings, we invite you to become a vital part of this impactful journey as a flyer sponsor. This sponsorship is just \$35 and includes your logo on the flyer and a five minute introduction at that month's meeting.



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THE
MEDICAL
TEAM®



Host:



Healing Bowls

The Medical Team Wellness Presents

Sound healing, often referred to as sound bathing, is a powerful therapy that combines different healing sounds, music, and sound healing instruments such as Tibetan and Crystal singing bowls, gongs, drums, tuning forks and more. The Sounds created help to provide an environment to improve our multi-dimensional well-being by creating an experience where all the layers of our mind, body, soul and Spirit are awakened. Integral sound healing is highly effective at triggering our relaxation response, which counters the many symptoms caused by stress and help to balance our being.

Board Members

Jennifer Taylor - President | Brittany Denam - Vice President
Janine Rosenbergh - Membership | Francis Detoit - Treasurer
Casaundra Boyd - Recording Secretary | OPEN - Communication

The Council for Action on Aging (CAA) is a long-established network in Wayne County. Formed in 1976 as a non-profit, it is made up of individuals who both serve and advocate for older adults and their quality of life. The purpose of CAA is to enhance the knowledge,

skills, and professionalism of those who work with the elderly throughout Wayne County. CAA believes assisting professionals in the field of aging greatly improves the quality of services to serve and care our older population.