

THE ELEVATOR

March 2026

YOU MAY BE WONDERING... WHY SINGING?

The simple answer is because music has a way of reaching places words sometimes cannot.

Elevating Voices Memory Loss Chorus was created to bring joy, connection, and confidence to people living with memory loss and their care partners. It is equal parts singing, socializing, and spending time with a welcoming network of people who understand one another.

Here is what makes singing such a powerful tool:

It's accessible.

Everyone can participate, even those who have been told they "can't sing." Our choir is not about harmonies, parts, or musical knowledge — we sing while spending time together, and that shared experience is what makes us sound so sweet.

Music sticks around.

Research shows the parts of the brain connected to music and singing are often among the last affected by Alzheimer's disease. While participants may not remember recent details, once the music starts, lyrics often return along with the memories tied to them — and it is pure magic to witness.

It lifts mood and changes behavior.

Music can calm, energize, and comfort, especially when it's made together. A couple of hours with friends, volunteers, and loved ones at choir can be just what the doctor ordered to turn the day around.

It's good for the body, too.

Singing is surprisingly aerobic and supports heart health, breathing, posture, sleep, and swallowing. Even from a seated position, participants often clap, play instruments, or move along — proving choir really does count as a workout.

It builds community.

Elevating Voices becomes family, where friendships form and social isolation is replaced with connection and belonging. Many choir members also attend Memory Café, The Mixer, and other Elevate events together, strengthening those bonds beyond rehearsal.

At its core, Elevating Voices is about more than music. It's about dignity, joy, and reminding every participant that their voice still matters — and when those voices come together, the impact is unforgettable.



**STARTING
MARCH 17!**

**SING
WITH
US!**



**ELEVATING
VOICES** 
MEMORY
LOSS
CHORUS

REHEARSAL DATES

**March 17, 24, 31, April
14, 21, 28, May 12**

(no rehearsal April 7 or May 5)

Time: 1–3pm
Location: Crosspoint Alliance
Church, Perham

COMMUNITY CONCERT

Tuesday, May 19

PIZZA PARTY

Tuesday, May 26

*For more info or to sign up, visit
elevateotc.org/elevating-voices
or call 218-347-1974!*



Coffee Talks

Free and open to the public!

PERHAM AREA COMMUNITY CENTER

1st + 3rd Wednesdays from 10-11am



MARCH 4

Let's Talk Vertigo

Jennifer Thalmann, DPT from Perham Health will lead a friendly, easy-to-understand conversation about vertigo, covering the different types, treatment options, and even a live demonstration of the special goggles used during care, with plenty of time at the end for questions and answers.



MARCH 18

Fall Prevention & Home Safety

Revive & Thrive will be sharing practical ways to stay active, prevent falls, and move with greater ease at home and out in the community—so you can keep doing the things you love with confidence.

Save the Date

- April 1 - Tinnitus
- April 15 - Bone Density Basics for Aging Strong

NEW YORK MILLS PUBLIC LIBRARY

2nd + 4th Wednesdays from 10:30-11:30am



MARCH 11

History of the Kirkbride

The history of mental health care in our community did not begin with the Fergus Falls State Hospital but the iconic location certainly played a central role in providing this service in Northern Minnesota. Learn about the hospital and how it came to be in Otter Tail County and why people want to save "The Kirkbride."



MARCH 25

Passport Series: Egypt

Join Buzzer & Ruth Koehler for an engaging talk that brings global destinations to life! Explore the vibrant city of Dubai, discover the rich customs and everyday lifestyle of Cairo, Egypt, and journey along the legendary Nile River on a memorable cruise.

Save the Date

- April 8 - Look on the Bright Side
- April 22 - NYM Family Resource Center

PARKINSON'S SUPPORT GROUP

This month, we're joined by Lisa Yonker, PT, and Tina McDonald, OT from Revive and Thrive. These passionate therapy pros are here to support the Parkinson's community with encouragement, expertise, and heart.

Brief educational insights

Gentle, guided movement for mobility and function

Time to connect and share

Whether you're living with Parkinson's or supporting someone who is, you're welcome here.

TUESDAY, MARCH 10

from 2:30-3:30pm at Elevate

RSVP Appreciated!

COOKING CLUB



Cooking Club is a fun, flavorful way to eat well and connect with others. Each month features a new healthy cooking theme, with everyone bringing a dish and the recipe to share. Along the way, we swap tips, build kitchen confidence, and enjoy good conversation.

This March, we're celebrating vegetables. From hearty mains to tasty sides, bring a recipe packed with nutritious veggies to share with the group.



THURSDAY, MARCH 26

starting at 4:30pm
at Elevate

RSVP Appreciated!



MORE THAN A SONG LEADER: MEET KURT SCHROEER

If you've ever left Elevating Voices Memory Loss Chorus humming a tune and smiling a little bigger than when you walked in, there's a good chance Kurt Schroeer had something to do with it.

Kurt's official job description is simple: lead us in singing. But what he really does is create a room full of energy, laughter, and connection. With his unique stories and playful sense of humor, Kurt turns each rehearsal into an experience. He doesn't just start the song... he sets the mood.

When we asked Kurt what he enjoys most about leading the choir, he didn't hesitate. "I enjoy seeing people have a good time and remembering their past years," he said. Music, he shared, "takes people back to good times in their lives."

And you can see it happen. A familiar tune starts. Eyes light up. Shoulders relax. Feet tap. Memories resurface. For a moment, everyone is right back in the soundtrack of their best days.

His personal go-to song? *Sweet Caroline* by Neil Diamond. And honestly, if you've ever belted out that chorus with a group, you get it. It's impossible not to smile.

Kurt reminds us that singing isn't about perfection. It's about connection. It's about joy. It's about remembering who we've been and celebrating who we are right now.

Ready to experience it for yourself?

Join us for Elevating Voices starting Tuesday, March 17. See the front page for details and come sing with us.

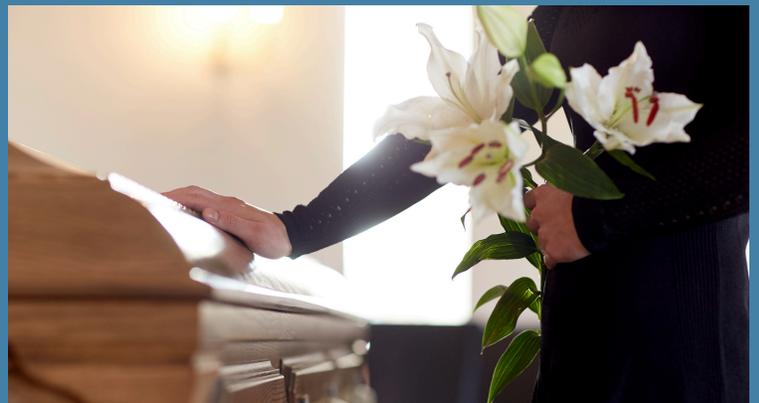


VOLUNTEERING MADE SIMPLE

Most people want to share their time and talents, but don't know where to look for opportunities. We created a community-wide volunteer hub, called Helper Helper, to make it easy to find opportunities that suit your schedule and interests.

There is a wide variety of different opportunities available from many local organizations. From helping serve lunch at Connections to shelving books at our local libraries, there really is something for everyone!

Ready to make an impact? Learn more and sign up for Helper Helper at elevateotc.org/volunteer



Funeral Pre-Planning

Join us for a thoughtful event on funeral preplanning with Schoeneberger Funeral & Cremation Service. Discover the peace of mind that comes with preplanning and prepaying for your final arrangements. We'll explore various options that alleviate the emotional and financial burden from your loved ones. **RSVP Appreciated.**

Tuesday, March 10 from 11am-Noon
at Elevate - 318 6th Ave SW, Perham

EXPLORATORIES

Try something new with us!



BARN QUILT COASTER SET

\$28

Wednesday, March 11 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Enjoy a culturally rich art experience celebrating local heritage and the traditions that have shaped our community. Paint your own set of four mini barn quilts using simple patterns, perfect as coasters or for display. Hosted by NYM Cultural Center. **RSVP required.**



SPRING ACRYLIC CARD MAKING

\$10

Wednesday, March 18 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Talented instructor Val Voight will guide this fun, inspiring art class on creating handmade spring greeting cards, with all supplies provided and three unique cards to take home. **RSVP required.**



SPRING CLOSET REFRESH

\$22

Saturday, March 28 from 10am-noon at Elevate - 318 6th Ave SW, Perham

A practical, encouraging class on sorting, simplifying, and organizing your entire closet. Professional organizer Janelle Lass also shares easy, chemical-free tips to keep your closet and home fresh without harsh products. **RSVP required.**

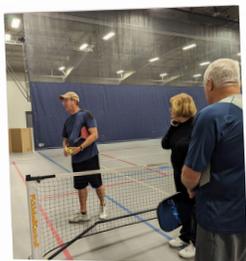


POLISH SPRING CHICKENS

\$28

Wednesday, April 8 from 1-3pm at New York Mills Cultural Center - 24 N Main Ave, NYM

Paint your own colorful Spring Chicken on canvas, inspired by traditional Polish Wycinanki style. Layer bright colors before adding colorful details, sure to brighten any home! Hosted by New York Mills Cultural Center. **RSVP required.**



BEGINNER PICKLEBALL

\$5

Wednesday, April 8 from 6:30-8:30pm at PACC - 620 3rd Ave SE, Perham

Discover the fun of pickleball-the fastest growing sport in the country! This class is designed for adults who want to stay active, learn the basics, and enjoy a game that's easy to pick up and play anywhere. All equipment provided. **RSVP required.**



SPRING FLORAL WATERCOLOR

\$30

Wednesday, April 15 from 1-3pm at Elevate - 318 6th Ave SW, Perham

Create a colorful spring painting in this floral watercolor class with local artist Dawn Duncan of Yellowbright Creative. This guided, beginner-friendly session requires no experience and is perfect for anyone looking to get creative. **RSVP required.**



STAINED GLASS MINNESOTA

\$65

Saturday, April 25 starting at 10am, 1pm, and 4pm at Elevate - 318 6th Ave SW, Perham

Create your very own Minnesota suncatcher! Learn how to apply copper foil to the precut glass pieces and solder them together into a beautifully finished piece that you can take home with you by the end of class. All supplies will be provided. **RSVP required.**

March Calendar

EVENT COLOR KEY > Free Registration Paid Registration Free Event Community Event

Please note that some events need to be pre-paid and pre-registered! More details available in our newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 1pm - Healthier Happy Hour at PACC</p> <p>🍴 Chili & Corn Bread / Chocolate Pudding</p>	<p>3 3pm - Caregiver Support Group at Perham Living</p> <p>🍴 Popcorn Chicken Bowl / Pineapple</p>	<p>4 9-11am - Free BP Check at PACC 10am - Coffee Talk: Let's Talk Vertigo at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p>🍴 BBQ Pork Mac-n-Cheese / Rice Krispie Bar</p>	<p>5 10:30am - Connections 2nd Birthday Party at Connections 1pm - Nosey Neighbor: Perham Printing in Perham</p> <p>🍴 Grilled Brat & Pasta Salad / Pumpkin Fluff</p>	<p>6</p>
<p>9 1pm - Healthier Happy Hour + Intro to Zumba at PACC</p> <p>🍴 Lasagna / Cheesecake Bar</p>	<p>10 11am - Funeral Preplanning at Elevate 2:30pm - Parkinson's Support Group at Elevate</p> <p>🍴 Sweet-n-Sour Chicken / Banana Pudding</p>	<p>11 9-11am - Free BP Check at PACC 10:30am - Coffee Talk: History of the Kirkbride at NYM Public Library 1pm - Exploratory: Barn Quilt Coaster Set at Elevate (\$28)</p> <p>🍴 Tilapia & Potato Spirals / Peaches</p>	<p>12 10am - Digital Life Skills: Declutter Your Digital Life at Elevate 2pm - Nosey Neighbor: Bucks Mills Brewing in Detroit Lakes</p> <p>🍴 Wisconsin Cheese Soup & Sandwich / Chips</p>	<p>13 9am-4pm - Foot Care Clinic at Perham Living Salon (\$30) 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>16 1pm - Monday Matinee "Eternity" at Comet Theatre (\$6) 1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>🍴 Soft Shell Beef Taco / Cinnamon Churro</p>	<p>17 1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 1:30pm - Tech with Teens at PACC 4:30pm - The Mixer: The Otter in Ottertail</p> <p>🍴 Chicken Biscuit Casserole / Lemon Pudding</p>	<p>18 9-11am - Free BP Check at PACC 10am - Coffee Talk: Fall Prevention & Home Safety at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5) 1pm - Exploratory: Spring Acrylic Card Making at Elevate (\$10)</p> <p>🍴 Hamburger & Potato Salad / Orange Dream Bar</p>	<p>19 2pm - Navigating Your Grief Support Group at Elevate</p> <p>🍴 Tomato Ravioli Bisque & Breadstick / Cookie</p>	<p>20</p>
<p>23 1pm - Healthier Happy Hour + Silver Sticks Drumming at PACC</p> <p>🍴 Country Fried Steak / Surprise Dessert</p>	<p>24 11:30am - Birthday Lunch at Connections 1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church 6:30pm - The Collectors Club at Perham Area Public Library</p> <p>🍴 Ribs & Potatoes / Vanilla Ice Cream</p>	<p>25 9-11am - Free BP Check at PACC 10:30am - Passport Series: Egypt at New York Mills Public Library</p> <p>🍴 Beef Stew / Apple Crisp</p>	<p>26 1-3pm  Memory Cafe at Crosspoint Alliance Church 4:30pm - Cooking Club at Elevate</p> <p>🍴 Meatloaf & Baked Potato / Chex Mix</p>	<p>27 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p>
<p>30 1pm - Healthier Happy Hour + Line Dancing at PACC</p> <p>🍴 Vegetable Beef Soup & Sandwich / Dessert Bar</p>	<p>31 1pm - Elevating Voices Memory Loss Chorus at Crosspoint Alliance Church</p> <p>🍴 Spaghetti & Meat Sauce / Tropical Fruit</p>	<p>April 1 9-11am - Free BP Check at PACC 10am - Coffee Talk: Tinnitus at PACC 10am - Avita Yoga for Joint Health & Arthritis at B Still Yoga (\$5)</p> <p> Spring Clothing Order Opens</p> <p>🍴 Sloppy Joe & Chips / Peanut Butter Bite</p>	<p>2 1pm - Nosey Neighbor: Maple Lane Syrup in Vergas</p> <p>🍴 Pork Loin, Gravy, Potatoes / Sherbet</p>	<p>Saturday, March 28 10am - Exploratory: Spring Closet Refresh at Elevate (\$22)</p>
				<p>3</p>

The Mixer

Let's mix it up! Join us to explore and support local restaurants.

The Otter

Tuesday, March 17 from 4:30-6pm

Pizza Ranch

Tuesday, April 21 from 4:30-6pm



All are welcome!

RSVP Appreciated



MEMORY

cafe *where every story counts*

When is it Time?

Creating a list of your personal 'turning points' can help you recognize when it may be time for change—whether that's seeking help and support at home, exploring new housing and potential wait lists, and making other arrangements. *Presented by Jess Buys, LSW from Perham Health.*

THURSDAY, MARCH 26

from 1-3pm at Crosspoint Alliance Church
600 NE 8th St, Perham

RSVP Appreciated!



NOSEY NEIGHBORS



PERHAM PRINTING

Thursday, March 5 from 1-2pm at 210 6th Ave NE, Perham

Learn about the history of Perham Printing while seeing how ideas come to life through professional graphic design, mailing services, and high-quality offset and high-speed digital printing. **RSVP Required.**

BUCKS MILL BREWING

Thursday, March 12 from 2-4pm at 824 Washington Ave, Detroit Lakes

Learn how Bucks Mill Brewing got its start, hear about the journey of building the business, and explore the brewing process from grain to glass. We'll enjoy a sample together, and everyone is welcome to stick around as long as they'd like! **RSVP Required.**

MAPLE LANE SYRUP

Thursday, April 2 from 1-3pm at 29463 460th St, Vergas

The trees are ready for tapping! Join us at Maple Lane Syrup in Vergas to tour and learn about the process of making maple syrup. We'll get a look at the equipment, have a tasting, learn all about the process, and if weather permits, we'll take a walk through the woods! **RSVP Required.**

BRAIN GAME

We hid this 🎵 music note somewhere in the newsletter. Find it!

(Hint: it's not on this page.)

Email your guess to mindi.larson@perhamhealth.org for the chance at winning a prize!



elevate
Connections

MONDAY - THURSDAY
at Perham Area Community Center
620 3rd Ave SE, Perham

10AM | SOCIAL TIME

All are welcome to swing by for some coffee and conversations!

11:30AM | LUNCH SERVED

Come enjoy a delicious and nutritious lunch with us! Please reserve your meal by leaving a message at 218-347-1974 by 12pm the business day before. Meals are a suggested \$6 donation.

VOLUNTEERS NEEDED!

Connections needs a few helping hands! Volunteering takes a little over 2 hours, anyone can learn the ropes quickly, and you'll be treated to a free lunch. With many of our regulars away or sidelined, your support now truly matters.

Sign up on Helper Helper!

**CONNECTIONS IS
TURNING TWO!**



Help us celebrate the 2nd anniversary of our senior dining program with cake, activities, games, and plenty of smiles. Everyone who has ever joined us for lunch or volunteered is invited to be part of the fun.

THURSDAY, MARCH 5
starting at 10:30am at PACC

Reserve your meal by Wednesday, March 4 at 12pm by leaving a message at 218-347-1974.

Healthier 
HAPPY HOUR

Healthier Happy Hour is the best way to kick off the week. We gather for light movement to get the blood pumping, enjoy a healthy snack, and jump into simple games that spark connection and laughter. It's low-pressure, high-energy, and an easy way to care for your heart, body, and mind while starting your Monday on the right foot.

MONDAYS AT 1PM
at Perham Area Community Center

March Movement Highlights

- | | |
|--------------------------|--------------------------|
| March 2 - Walk/Bike | March 23 - Silver Sticks |
| March 9 - Intro to Zumba | Drumming |
| March 16 - Line Dancing | March 30 - Line Dancing |



Birthday Lunch
Tuesday, March 24
11:30am at Connections



FARMERS MARKET

**STARTING
FRIDAY, MAY 22**

PERHAM FARMERS MARKET VENDOR APPLICATIONS ARE OPEN!

We're gearing up for another great summer of fresh finds and friendly faces. Whether you're a returning favorite or thinking about joining us for the first time, we'd love to have you be part of it.

Season memberships are \$150 with a discount if you apply by 4/30, daily spots are \$10, and food trucks and fundraising groups are free on a limited basis. All vendors must complete the membership application before registering for market days.

Apply now at elevateotc.org/farmers-market! 🌱



Meet the Foot Care Duo
CHRIS & JULIE!

Foot care duo Julie & Chris bring years of experience and a genuine passion for keeping your feet healthy and feeling their best. Each appointment includes a relaxing foot soak, nail care (cut and file), and a soothing knee-to-toe massage. Julie is an LPN with more than 40 years of experience, and Chris is a licensed nail tech who knows how to make the details count.

FRIDAYS FROM 9AM-4PM
MARCH 13 • APRIL 24 • JUNE 5 • JULY 17

Perham Living Salon
735 3rd Street SW, Perham

COST
\$30

BOOK YOUR APPOINTMENT:
Call Julie at 218-731-4190

WAHL'S WELLNESS WISDOM: BENEFITS OF GOOD SLEEP PATTERNS

High-quality sleep is one of the most important health habits, yet many people overlook it. Getting 7–8 hours of sleep each night has been shown to improve overall health and wellness. When the body gets adequate rest, it can repair daily damage and activate the immune system to cleanse the body.

Sleep occurs in different stages, including REM (rapid eye movement) sleep and deep sleep. Quality sleep typically includes at least 1.5 hours of REM sleep and about 1 hour of deep sleep each night. These stages can be tracked with a sleep monitor, which is generally inexpensive and easy to use.

Improving sleep starts with creating a consistent routine. Going to bed and waking up at the same time each day helps regulate the body's internal clock. A healthy sleep environment also plays a key role. Complete darkness, low noise levels, and cooler room temperatures have all been shown to improve sleep quality.

A helpful guideline is to avoid caffeine after midday and follow the 3-2-1 rule before bed. This means avoiding food within three hours of sleep, limiting water intake within two hours, and turning off all electronic devices one hour before bedtime.

Following these simple habits can improve sleep quality and provide better energy throughout the day.

Article provided by Perham Health's Dr. Sean Wahl

Ask a Chiropractor

Email your questions to connect@elevateotc.org, and Dr. Wahl will answer a few in an upcoming issue of our newsletter.

RECURRING EVENTS



Looking for something fun to add to your routine? Come hang out with us at our weekly, monthly, and ongoing events! Join the fun, make new friends, and keep life interesting all year long.

CAREGIVER SUPPORT GROUP

1st Tuesday of the Month from 3-4pm at Perham Living
Caring for a loved one can be both rewarding and challenging. Perham Living's Caregiver Support Group provides a confidential space to share experiences, exchange advice, and find encouragement. Supervision for your loved one during the meeting is available by advanced request. Contact Perham Living at 218-347-1940 or email nayeli.limon-ramirez@perhamhealth.org to get connected.

BLOOD PRESSURE CHECKS



FREE!

Wednesdays
from 9-11am
at PACC

AVITA YOGA FOR JOINT HEALTH & ARTHRITIS

March 4, 13, 18, 27 and April 1 from 10-11am at B Still Yoga - 650 3rd Ave SE, Suite 4, Perham

Join Monica at B Still Yoga for a class designed to ease arthritis, increase range of motion, and dissolve restrictions. Perfect for all levels, including those waiting for or recovering from joint replacements, this class accommodates everyone with options for ground or chair practice and helpful props for comfort. Take a step toward better joint health in a supportive and relaxing environment! Just \$5 per class. For more details, contact B Still Yoga at 218-205-2955.

MONDAY MATINEE ETERNITY

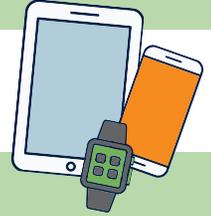
Monday, March 16
at Comet Theater, Perham

12:30pm Doors Open | 1pm Movie Starts
Cost: \$6 includes a pop and popcorn



TECH *with* TEENS

3RD TUESDAY OF THE MONTH
from 1:30-3pm at PACC



Get help with your devices!

- Local students provide one-on-one tech help
- Bring your phone, tablet, or laptop
- Get assistance with apps, settings, and more
- No appointment needed – just stop by!
- Hosted by PHS Interact Students

NAVIGATING YOUR GRIEF SUPPORT GROUP

3rd Thursday of the Month from 2-3pm at Elevate
No one should have to face grief alone. This group offers a safe, caring space to share, listen, and find support with others who understand. Whether your loss is recent or years past, you are welcome here. The conversation is gentle, approachable, and guided with care. Come as you are, share as much or as little as you like. Hosted by Vivie Hospice. No registration needed!

FOOT CARE CLINIC

UPCOMING DATES:
FRIDAYS - MARCH 13, APRIL
24, JUNE 15, JULY 17

Call Julie at 218-731-4190 to
book your appointment at
Perham Living!

THE COLLECTORS CLUB

4th Tuesday of the Month at 6:30pm at Perham Area Public Library - 225 2nd Ave NE, Perham

Do you love collecting? Whether it's coins, comics, vinyl records, stamps, toys, books, or something unique, Collectors Club is the place for you! Come and join like-minded collectors at this fun, monthly gathering where collectors of all kinds can bring part of their collection, share their stories, and connect with others who appreciate the art of collecting. No registration needed.

DIGITAL LIFE SKILLS

presented by  arvig

**PLEASE
RSVP**



Bring your devices
to follow along!

DECLUTTER YOUR DIGITAL LIFE

Feeling bogged down by a slow phone or tablet? This practical digital declutter class shows you how to safely clean up apps, photos, and other storage thieves so your device runs faster and feels easier to use.

 Thursday, March 12 from 10-11am at Elevate

MOVING PAST THE FEAR OF AI

Learn how to spot artificial intelligence (AI) fakes, understand what to be cautious about, and discover simple ways to use AI tools to make everyday tasks easier and more efficient.

 Thursday, April 9 from 10-11am at Elevate

NAVIGATING YOUR GRIEF: A PLACE TO FEEL LESS ALONE

Grief has a way of making the world feel smaller. Even when people care, the loneliness can still be heavy.

Craig wasn't sure about attending at first. He had never been to a support group and felt skeptical. But after his wife passed away, the pain and isolation felt overwhelming, and he decided he had nothing to lose. What stood out to him was how low-key and welcoming the meetings were. There was no pressure to speak. People could share if they wanted or simply listen. He found comfort in being around others who understood loss and appreciated the guidance offered on what healing can look like over time.

Julie also didn't know what to expect. After losing her mom, she felt down and alone and decided to give the group a try. At her first meeting, she became emotional and could barely talk. That was okay. There was no pressure to explain everything. Over time, she has found it helpful to talk with others who truly understand grief. The sadness hasn't disappeared, but she says it feels lighter, little by little, especially after each session.

Navigating Your Grief is a space where you can come as you are. You can talk, listen, cry, or simply sit quietly. No one will tell you to "shake it off." You don't have to carry it alone.

Navigating Your Grief Monthly Support Group

THIRD THURSDAYS

from 2-3pm at Elevate

March 19 • April 16 • May 21
June 18 • July 16 • August 20

No RSVP needed.

For more information or questions,
contact Vivie at 320-759-4935 or
trisha.zimmerman@vivie.org.

hosted in
partnership
with





YOUR HEALTH • YOUR WAY

 connect@elevateotc.org  (218) 347-1974  318 6th Ave SW, Perham

Ready to live your best life?
Visit elevateotc.org to get started.

HOURS Monday-Thursday from 9am-5pm | Friday from 9am-noon | Closed Saturday & Sunday