



NEW YORK STATE SENATOR

Patty Ritchie

# **Capacity Crowd for Senator Ritchie's Health Expo Fills War Memorial**

Patty Ritchie

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## Seniors Flock To Fulton To Learn About Services In Oswego County

Senator Patty Ritchie's Senior Health and Wellness Expo at the Fulton War Memorial Wednesday drew a capacity crowd.

The event offered seniors and their families free flu shots, cancer screening and an introduction to a variety of services, including health care, senior nutrition, fitness, even square dancing.

Over 50 exhibitors attended the one-stop event to learn about programs available to help them stay healthy,

"Oswego County and Central New York provide an amazing number of services aimed at helping seniors to stay in their home and to keep active and healthy," Senator Ritchie said. " My Senior Health and Wellness Expo provided seniors and their family will easy way to learn about what's available."

The event offered bone density screening by St. Luke's Nursing Facility and Oswego Health, information on cancer services, energy information from National Grid, housing services, even pampering services.