



NEW YORK STATE SENATOR

Patty Ritchie

Save the Date for Central and Northern NY “Senior Health and Wellness Fairs”

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Senator Ritchie’s Weekly Column

From advances in medicine to an increased awareness about the importance of healthy eating and exercise, there are a number of reasons people are living longer—and more active—lives. In fact, over the past two decades, global life expectancy for men and women has increased roughly six years.

In an effort to help seniors improve their well-being, this year I’m once again hosting my annual Senior Health and Wellness Fairs in Oswego, St. Lawrence and Jefferson Counties. These events—taking place at NEW locations in Oswego and St. Lawrence Counties—will feature more than 50 exhibitors each, which will be offering health tips, information on services important to our aging population and so much more. Free flu shots will also be offered, and those interested in receiving one are reminded to bring their

Medicare or insurance ID.

All events will run from 11:00 a.m. to 2:00 p.m., on the following dates:

Oswego County Senior Health and Wellness Fair: NEW LOCATION

Date: September 23rd

Location: SUNY Oswego's Swetman Gym

St. Lawrence County Senior Health and Wellness Fair: NEW LOCATION

Date: October 1st

Location: Richard G. Lockwood Civic Arena (located on West River Street in Ogdensburg)

Jefferson County Senior Health and Wellness Fair

Date: October 21st

Location: Bruce M. Wright Memorial Conference Center (located on Faichney Drive in Watertown)

In addition to exhibitors, the events will also feature entertainment and free lunch prepared by the "future chefs" at St. Lawrence-Lewis BOCES and Oswego CiTi.

If you're interested in attending my Senior Health and Wellness Fairs, I invite you to [click here](#) or call (315) 782-3418 for more information or to pre-register. Hope to see you there!