



NEW YORK STATE SENATOR

Patty Ritchie

## Ritchie Announces 2017 Senior Health And Wellness Fairs

PATTY RITCHIE September 7, 2017



**\*\*\*CLICK HERE TO PRE-REGISTER FOR SENATOR RITCHIE'S SENIOR HEALTH AND WELLNESS FAIRS\*\*\***

State Senator Patty Ritchie is encouraging people to mark their calendars for her annual Senior Health and Wellness Fairs, which will take place in the coming weeks throughout Jefferson, Oswego and St. Lawrence Counties.

The free events will feature a no-cost lunch prepared by local culinary students from St. Lawrence-Lewis BOCES and Oswego County CiTi, health screenings, wellness tips, flu

shots—available with your Medicare or insurance ID—live entertainment and more. In addition, free transportation to and from the events will be provided, with a complete schedule to be announced soon.

“Healthy habits—like eating nutritious foods, exercising and keeping our minds active—are important at every age, but they’re especially important for our seniors,” said Senator Ritchie. “I am excited to once again host my Senior Health and Wellness Fairs, which help to connect local seniors with the resources they need to stay healthy as they age and of course, have fun with friends.”

All events will run from 11:00 a.m. to 2:00 p.m. Dates and locations are as follows:

***St. Lawrence County Senior Health and Wellness Fair***

***Wednesday, September 27, 2017***

***Richard G. Lockwood Civic Center***

***141 W. River Street, Ogdensburg, NY 13669***

***Jefferson County Senior Health and Wellness Fair***

***Friday, October 6, 2017***

***Jefferson Community College’s McVean Student Center***

***1220 Coffeen Street, Watertown, NY 13601***

***Oswego County Senior Health and Wellness Fair***

***Thursday, October 26, 2017***

*Oswego County Highway Department*

*31 Schaad Drive, Oswego NY 13126*

Those interested in attending Senator Ritchie's Senior Health and Wellness Fairs can save time by preregistering [here](#) or by calling (315) 782-3418.