



NEW YORK STATE SENATOR

Patty Ritchie

## Mark Your Calendars for Senator Ritchie's Senior Health and Wellness Fairs

PATTY RITCHIE September 2, 2016



\*\*\*[CLICK HERE TO PRE-REGISTER](#)\*\*\*

As we get older our health needs change, but often times our habits—some good and some bad—remain the same. That's why we all need to recognize the importance of maintaining a healthy lifestyle, including eating the right foods, exercising and keeping our minds active and alert.

Each and every year, I aim to help local seniors take advantage of the services available in their communities to help them stay well as they age through my Senior Health and Wellness Fairs. Information on this year's fairs is as follows:

*Oswego County Senior Health and Wellness Fair*

*September 21, 2016*

*Fulton Community Ice Arena*

*605 West Broadway, Fulton, NY 13069*

*St. Lawrence County Senior Health and Wellness Fair*

*September 29, 2016*

*Richard G. Lockwood Civic Center*

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

*Jefferson County Senior Health and Wellness Fair*

*October 19, 2016*

*Bruce M. Wright Memorial Conference Center*

*1291 Faichney Drive, Watertown, NY 13601*

All Senior Health and Wellness Fairs run from 11:00 a.m. to 2:00 p.m. and admission is free. Once again this year, the events will feature a no-cost lunch prepared by local culinary students and more than 50 exhibitors at each location offering wellness tips, giveaways, health screenings, flu shots—with your Medicare or insurance ID —live entertainment and so much more. If you plan to attend one of my Senior Health and Wellness Fairs, you can save time and pre-register by [clicking here](#), or by calling (315) 782-3418.

Taking steps to keep track of and detect changes in your health early on can help prevent serious and potentially costly problems down the road. That's why my Senior Health and Wellness Fairs have become so important to giving our local aging population opportunities to meet on-on-one with health experts to ask questions and receive informed answers.

In the weeks to come I'll be releasing more details on what you can expect at my upcoming Senior Health and Wellness Fairs, so be sure to check [www.ritchie.nysenate.gov](http://www.ritchie.nysenate.gov) for updates. Hope to see you there!