



NEW YORK STATE SENATOR

Patty Ritchie

Reminder: Ritchie to Host St. Lawrence County Senior Fair This Wednesday

PATTY RITCHIE September 25, 2017



State Senator Patty Ritchie is reminding seniors she will host her St. Lawrence County Senior Health and Wellness Fair on Wednesday, September 27th, at the Richard G. Lockwood Civic Arena in Ogdensburg.

The free event—which runs from 11am until 2pm—will feature various exhibitors offering health screenings, wellness tips, flu shots (available with your Medicare or insurance ID), live entertainment and more. In addition, attendees will also receive a free lunch prepared by

'future chefs' from St. Lawrence-Lewis BOCES.

"A healthy and active lifestyle is something a growing number of seniors are striving for. Throughout the years, my Senior Health and Wellness Fairs have been the place for seniors to go—for free—and access tips to improve their well-being and stay active," Senator Ritchie said. "I'm hoping seniors from all over St. Lawrence County join me at the fair, enjoy a delicious lunch, learn more about healthy living and have fun with friends."

In addition to exhibitors, the St. Lawrence County Sheriff's Department will be on hand to help seniors safely dispose of expired or unwanted prescription drugs.

Senator Ritchie is also teaming up with St. Lawrence NYSARC to offer free bus rides—to and from—the fair.

Busing routes and pick-up times for Senator Ritchie's St. Lawrence County Senior Health and Wellness Fair are as follows:

Canton - Grasse River Apartments, 9:30 a.m.

Gouverneur - Cambray Courts, 10:00 a.m.

Heuvelton - Meadowview Apartments, 10:30 a.m.

Waddington - Hamilton Gardens, 10:30 AM

Ogdensburg - Parkview Rise, 10:45 a.m.

Ogdensburg - Centennial Tower, 10:50 a.m.

Ogdensburg - Riverview Towers, 10:55 a.m.

Return buses will depart the event at 2:00 p.m.

To pre-register for the event, please click [here](#) or call (315) 393-3024.

This year's fair would not be possible without the generosity of numerous local businesses including SeaComm Federal Credit Union, Pepsi-Cola Ogdensburg Bottlers, the St. Lawrence County Sheriff's Department, the Ogdensburg City Police Department, Cabot Cheese, St. Lawrence-Lewis BOCES, Ogdensburg City School District, St. Lawrence NYSARC and Kinney Drugs.