



NEW YORK STATE SENATOR

Patty Ritchie

## Reminder: Ritchie's St. Lawrence County Senior Health and Wellness Fair Set for Tuesday

PATTY RITCHIE September 28, 2018



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

Senator Patty Ritchie is reminding seniors across St. Lawrence County that her annual Senior Health and Wellness Fair is happening this Tuesday, October 2nd at the Richard Lockwood Civic Center, located at 141 W River St. in Ogdensburg.

The free event—which runs from 11:00 a.m. to 2:00 p.m. and is being cohosted by the Fort Drum Regional Health Planning Organization—will feature over 50 exhibitors offering

seniors health tips, wellness checks and free flu shots (available with Medicare or insurance ID). Attendees are also invited to enjoy entertainment and a free lunch, prepared by 'future chefs' from St. Lawrence-Lewis BOCES.

“The road to a healthy, active life is a long one. Those looking to take that journey first need access to the experts who can provide the tools and tips they need to improve their wellness,” Senator Ritchie said. “My Senior Health and Wellness Fairs are truly a one-stop shop for our aging population to access the resources they need to live longer, healthier lives—and have a little fun with friends at the same time.”

Senator Ritchie is also teaming up with St. Lawrence NYSARC to offer free bus rides to and from the fair. Pickup times and locations are as follows:

- **Gouverneur – Cambray Terrace, 10:00 a.m.**
- **Hammond – Mill Site Manor, 10:00 a.m.**
- **Madrid – Grasse River Housing, 10:15 a.m.**
- **Morristown – Columbia High Manor, 10:15 a.m.**
- **Heuvelton – Meadowview Apartments, 10:30 a.m.**
- **Waddington – Hamilton Gardens, 10:30 a.m.**
- **Lisbon – Castle Ridge Manor, 10:45 a.m.**
- **Ogdensburg – St. Peter’s Square, 10:45 a.m.**

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

In addition to exhibitors, the St. Lawrence County Sheriff’s Department and City of Ogdensburg Police Department will be on hand to help seniors safely dispose of expired or

unwanted prescription drugs.

This year's fair would not be possible without the generosity of numerous local businesses and organizations including the City of Ogdensburg Parks and Recreation Department, the City of Ogdensburg Police Department, Cabot Cheese, Kinney Drugs, Mort Backus and Sons Inc., Ogdensburg Free Academy, Pepsi-Cola Ogdensburg Bottlers, St. Lawrence NYSARC, St. Lawrence-Lewis BOCES and the Starlighters.

To pre-register for the Senior Health and Wellness Fair, [please click here](#).