



NEW YORK STATE SENATOR

Kevin Thomas

## Senator Kevin Thomas Hosting 2019 Senior Health Expo in Garden City

KEVIN THOMAS September 12, 2019

| ISSUE: SENIOR HEALTH EXPO, SENIOR HEALTH, NYS SENATOR KEMP HANNON



Join Senator Thomas at the Annual Senior Health Expo to learn about the tremendous variety of health-related programs and services available to seniors in our community.

Senator Kevin Thomas is hosting the 2019 Senior Health Expo, which will take place on Wednesday, October 2, 2019, at the St. Paul's Field House (295 Stewart Avenue, Garden City), from 9:00 am to 1:30 pm.

This annual event features FREE flu vaccinations. Also featured is a Yoga/Meditation Workshop, NUMC Mammography van, postural and spinal screening, blood pressure testing, balance screening, fall prevention, application assistance for senior benefit programs, and over 100 providers from across the area.

Appointments are required only for the Mammography van. Please contact my Community Office at 516-739-1700 to make an appointment or if you have any questions.

All other free services, including the flu shots, do not require appointments.

There is plenty of parking, and the location is handicap-accessible. Hope to see you there!