



**SARAH S. ANKER**  
Suffolk County Legislator, Sixth District



## FOR IMMEDIATE RELEASE

**INFORMATION RELEASE:**  
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### First Suffolk County Senior Health Expo Hosted by Legislator Anker and County Executive Bellone



*The event included free health and balance screenings, courtesy of Stony Brook Medicine*

**MOUNT SINAI, NY** – On Friday, September 23<sup>rd</sup>, Suffolk County Legislator Sarah Anker and Suffolk County Executive Steve Bellone, in partnership with the Stony Brook Trauma Center, hosted the first Suffolk County Senior Health and Wellness Expo. The event was a part of Senior Center Month and National Falls Prevention Awareness Day. It took place at the Rose Caracappa Senior Center in Mount Sinai and attracted over 150 residents.

“I am proud to partner with the Stony Brook Trauma Center on this great event to help raise awareness about the importance of falls prevention and the many senior programs available throughout Suffolk County,” said Legislator Anker.

At the event, Stony Brook nurses and physical therapy students conducted fall risk assessments. Then, attendees were given information about different balance programs and measures to take to prevent homes falls. The event also included representatives from the Suffolk County Office for the Aging, Suffolk County Department of Health Services, Suffolk County Department of Social Services, Suffolk County Fire Rescue and Emergency Services, Retired Seniors Volunteer Program (RSVP), AARP, Rite Aid, and U Fitness. The Suffolk County Police were also present for Operation Medicine Cabinet, a drug take-back program that allows resident to safely dispose of unwanted or expired medications, and the Suffolk County Sheriffs were available to create emergency identification cards for attendees.

For more information about the event or different resources available to senior citizens in Suffolk County, please contact Legislator Anker’s office at 631-854-1600.