

Suffolk County Executive Steve Bellone
Suffolk County Legislator Sarah Anker
& Stony Brook Trauma Center

Find Your Balance:
Senior Health and Wellness Expo

Where: Rose Caracappa Senior Center
739 Route 25A, Mt. Sinai, NY 11766

When: Friday, September 23rd

Time: 10:00am – 12:00pm

Drop-in anytime!

Attendees will be provided with important information about health and balance while enjoying free services and light refreshments:

- Balance and Health Screenings
- Free Flu Vaccines
- AARP
- Emergency Preparedness
- Home Safety Checklist
- Suffolk County Office for the Aging
- Suffolk County Department of Health Services
- Operation Medicine Cabinet: Drop off unwanted medications
- Tai Chi for Arthritis
- Retired Seniors Volunteer Program
- Stepping On: Building Confidence and Reducing Falls

For more information, please call: 631-854-1600

