



New York State Assemblywoman Sandy Galef's

SENIOR FORUM 2016

Thursday, July 14th • 9:00 a.m. – 12 noon
Cortlandt Town Hall, 1 Heady Street, Cortlandt Manor
**Breakfast provided by ShopRite of Peekskill*

Event is Free. You do not need to RSVP.

Find out about:
How to Avoid Falls at Home
Doctor Recommended Exercises
Managing Stress Using Biofeedback
Maintain Flexibility through Chair Yoga
Update from NYS Comptroller's Office
Update from AARP on Legislative Priorities
Learn how to Avoid Crimes Targeted to Seniors

Featuring:

Thomas DiNapoli
New York State Comptroller
Office of the New York State Comptroller

Sheriff Don Smith
Putnam County Sheriff
Putnam County Sheriff's Department

Dr. Surbhi Agarwal
Internal Medicine Physician
New York-Presbyterian/Hudson Valley Hospital

Meryl Richman
Senior Director
Ivyrehab Physical Therapy

Harry I. Campbell
President
BioFeedback Resources International Corp

Kendra Negron
Owner & Founder
Dragonfly Wellness Yoga Studio

Laura Palmer
Associate State Director
AARP

Our Senior Forum 2016 Co-Sponsors:

Bethel Homes and Services • Buchanan Senior Citizens Club
Cedar Manor Nursing and Rehabilitation Center • Cortlandt Seniors • Crompond Seniors
Croton Senior Citizens • Kent Senior Citizens • New York-Presbyterian/Hudson Valley Hospital
Nor-Cort Seniors • Ossining Golden Age Club • Ossining Senior Center • Ossining Senior Citizens
Peekskill Senior Citizen's Club • Philipstown Senior Citizens • Putnam County Office for Senior Resources
Verplanck Seniors • Westchester County Department of Senior Programs and Services

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