



"We look forward to welcoming our Essex County Seniors at the 16th Annual Essex County Senior Wellness Day. We will be offering information about programs and services available for seniors, health screenings, the benefits of exercise and good nutrition, plus music and entertainment."

– Joseph N. DiVincenzo, Jr.



Joseph N. DiVincenzo, Jr., Essex County Executive
The Board of County Commissioners
The Office of Senior Services
The Department of Parks, Recreation and Cultural Affairs
And The Office of Public Health Management

Invite you to attend

The Annual **Essex County** **Senior Wellness Day**

**** FOR ESSEX COUNTY SENIORS ONLY ****

Free Event!!



Tuesday, September 24, 2024
10 a.m. to 2 p.m.
Essex County Richard J. Codey Arena
560 Northfield Avenue
West Orange, NJ



For information, call 973-621-4400
For transportation, call 973-737-7200

*Health Screenings *** Musical Entertainment *** Dancing *** Free Food*
*Farmers Market (bagged produce) *** Exercise Demonstrations*
*Valuable Information *** Free Admission to Turtle Back Zoo for All Seniors*

Putting Essex County First