

WESTCHESTER COUNTY PRESENTS



Living Longer Staying Stronger

A Day Designed for You...

Keynote Speaker: Donna M. Butts

Executive Director of Generations United

"Reaching Across Generations: Building a Longer, Stronger Life"

Workshops Include:

- Meditation: Relax, Relate, Release
- Effective Communication with your Healthcare Provider
- Spice of Life: Seasoned Seniors and Sexual Health
- Caring is Sharing: Family Caregiving

*Light Breakfast and lunch will be provided.
Free parking available.*

WEDNESDAY

June 6, 2018

9AM-3 PM

Mercy College: Rotunda
555 Broadway, Dobbs Ferry

Registration Required:

Ivy Thoroughgood

(914) 374-4075

kaythoroughgood@aol.com

Westchester
gov.com

George Latimer, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services
Sherlita Amler, MD, Commissioner
Department of Health

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Livable Communities
Westchester County
A Vision for All Ages

MERCY COLLEGE