

Join us for the 2021 Senior Forum Thursday, September 16th at 10:00 a.m.

In keeping with our motto, “the new age of aging,” we are offering our very popular annual Senior Forum as a hybrid event, allowing in person seating is limited and will be available at:

- Bath**— Dormann Library
101 West Morris St,
Canisteo—Wimodaughian Free Library
19 West Main St
Hammondsport— Fred & Harriett Taylor
21 William St
Pulteney—Pulteney Free Library
9226 County Route 74
Savona—Benedeck Memorial Library
7 McCoy St

ATTENDING IN PERSON?

Reserve a seat at the following link:

<https://www.eventbrite.com/e/2021-senior-forum-a-hybrid-event-tickets-167315602471?aff=ebdssbdestsearch>

or call 607-664-2298 by Aug.14, 2021

JOINING ONLINE?

Join us on Zoom at the following link:

<https://zoom.us/j/95064880489?pwd=VTc5T2RJN2duOFN6Z0xsV2xsM29qdz09>

Meeting ID: 950 6488 0489

Passcode: 195642

RESERVATIONS NOT REQUIRED FOR ONLINE
PARTICIPATION

Got Immunity?

How To Get It and Keep It!

Healthy habits = happy aging. Discover the simple steps for enriching body, mind and spirit.

Once again, we welcome our favorite wellness advocate, **Joshua Goldman**,

who does his best to keep us on the right track to a healthy lifestyle with no

nonsense simplicity.



Participants will have an opportunity to have input on our Office for the Aging Annual Plan and qualify to win prizes. Drawing will take place on November 2, 2021.

Masks are required for all. Socially distant seating will be provided for in person event.