



Seneca County Office for the Aging

2465 BONADENT DRIVE, SUITE 4
WATERLOO, NEW YORK 13165

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Director
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WELLNESS PROGRAM with Christina Ganzon, RD, CDN, CDE

This program is ongoing and all are welcome to attend one session or all. This program takes place on **Fridays from 10:30 -11:30 am**

<u>DATE</u>	<u>TOPIC</u>
October 14, 2022	Setting Goals
October 28, 2022	The Importance of Support
November 18, 2022	Holiday Eating
December 9, 2022	Fun Trivia and Games
January 13, 2023	ReFocus
February 10, 2023	Cold Weather Activity
February 24, 2023	Mindfulness

Located at the Office for the Aging in the Health and Senior Services Building at 2465 Bonadent Drive, Suite 4, Waterloo NY 13165

Satellite Office:
2276 County Rd. 139
Ovid NY 14521
(607) 869-2275

Nutrition Program:
6150 Route 96
Romulus, NY 14541
(315) 220-3494

Weatherization Program:
2156 Routes 5 & 20
Seneca Falls, NY
(315) 220-3045