

# 2025 Health & Wellness Programs

Sponsored by the Orange County Office for the Aging

## THURSDAY, MAY 15

9:00 AM - 10:30 AM

Held at the Town of Newburgh Recreation Center

### Health Benefits of Yogurt Talk & Yogurt Parfait Activity

Join us for a **FREE** Yogurt Parfait  
"Bar" & Health Talk! Participants  
will choose healthy toppings for  
their yogurt "sundaes"!

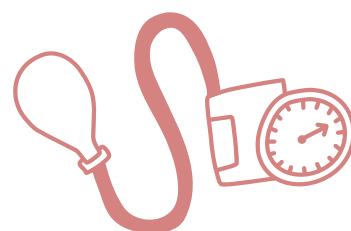
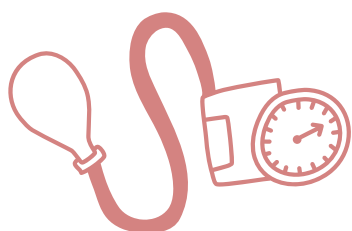
Registration is **REQUIRED** by  
Monday, 5/12/25. Register via email  
[townofnewburgh.recdesk.com](mailto:townofnewburgh.recdesk.com)



Following the yogurt activity, join us  
for free blood pressure screenings:

### FREE!

**Blood Pressure  
Screenings**



This important health screening and informational talk is provided  
by Sue Nichols, MS/RDN/CDCES/CDN.

Contact Sue at 845-781-3008 or [suegoshen@yahoo.com](mailto:suegoshen@yahoo.com)