

2024 Health & Wellness Programs

Sponsored by the Orange County Office for the Aging

FRIDAY, FEBRUARY 16

1:30 PM - 3:00 PM

Held at the Town of Newburgh Recreation Center

Dark Chocolate Bark Demonstration & Health Talk

Join us for a **FREE** Dark Chocolate Bark Food Demonstration & Health Talk! Participants will also receive samples to bring home! **Registration is REQUIRED by Friday, 2/9/24.**



Register at the Town of Newburgh Recreation Office or online @ townofnewburgh.recdesk.com



FREE! Blood Pressure Screening following the demo

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

Contact Sue at 845-781-3636 or suegoshen@yahoo.com