

Rockland County Office for the Aging Presents...

# National Senior Citizens Day 2018!

*Promoting Health & Wellness In The Community*

**Tuesday, August 21, 2018**

**Palisades Center, West Nyack NY**

**Walk Starts at 10:00am–12:00pm**  
**(Registration begins at 9:30am)**

**Level One, East Court by H&M**

*Registration Required, no later than August 13.*

## Get Healthy With RCOFA!

*Live Music, Giveaways & Healthy Living Info From...*

- ◆ A&T Healthcare
- ◆ Alzheimer's Association
- ◆ Association for the Visually Impaired
- ◆ BRiDGES
- ◆ Center For Safety & Change
- ◆ Centro de Amigos
- ◆ Circle of Friends
- ◆ Crystal Run Healthcare
- ◆ CVS Optical
- ◆ EmblemHealth
- ◆ Fidelis Care
- ◆ Foster Grandparents Program
- ◆ Good Samaritan Hospital
- ◆ Marquis Home Care
- ◆ Meals On Wheels
- ◆ Montefiore Nyack Hospital
- ◆ Rockland County Department of Health
- ◆ RSVP
- ◆ VCS Inc.

## Join Us For A 1/2 Mile Walk @ The Mall

In honor of **National Senior Citizens Day** (August 21st), Rockland County Office for the Aging is hosting a special morning at the Palisades Center. Walk our 1/2 mile circuit, get great information and receive a fun 'swag bag'. Then we will celebrate together with some snacks and fun activities. To register, call 845-364-2110.



 **Rockland County**  
AGING