

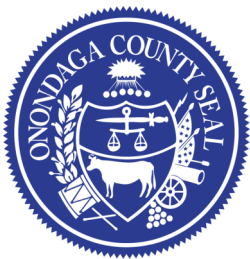
# Nutrition & Health Expo for Seniors

**Saturday, March 23, 2019**  
10am - Noon

**CNY Regional Market "F" Shed**  
2100 Park St. Syracuse, NY 13208

Call **Allison Lawson** at 315-435-2362  
Ext. 4987 or email:  
AllisonLawson@ongov.net by 3/15/19  
to **register** and for special  
accommodations

- Community Resources
- Health Screenings
- Exercise Classes
- Healthy Cooking Demos
- Massages
- Light Breakfast



J. Ryan McMahon, II  
County Executive

**eat right.** Academy of Nutrition  
and Dietetics

**NATIONAL  
NUTRITION MONTH®**  
**MARCH 2019**

[www.eatright.org](http://www.eatright.org)

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