

**ESSEX COUNTY EXECUTIVE DIVINCENZO INVITES ESSEX SENIORS
TO ATTEND 13th ANNUAL ESSEX COUNTY SENIOR WELLNESS DAY**
*Free Event Will Provide Health Screenings, Information, Entertainment,
Bagged Produce, Free Admission to Turtle Back Zoo and Flu Shots*

West Orange, NJ – Essex County Executive Joseph N. DiVincenzo, Jr. invites all Essex County senior citizens to attend the **13th Annual Essex County Senior Wellness Day**. This free event will be held as follows:

Date: Tuesday, September 18, 2018
Time: 10 a.m. to 2 p.m.
Place: Essex County South Mountain Recreation Complex
Essex County Richard J. Codey Arena at South Mountain
[560 Northfield Avenue](#)
[West Orange, NJ](#)

“We are planning a fun-filled day of activities and will be providing a great deal of valuable information that will benefit seniors. Our Essex County Senior Wellness Day will offer nutrition information, exercise tips, entertainment and flu shots,” DiVincenzo said. “It’s important for our seniors to know about the various programs and services that are available, and this one-stop event makes it convenient for them to do that. I invite our older residents to come out, have a good time and learn about what’s available that can help them improve their quality of life,” he added.

The Essex County Senior Wellness Day is free and open to all seniors residing in Essex County. Health screenings information about nutrition and exercise demonstrations will be available. Various Essex County agencies, including the Division of Senior Services, will have representatives on site to talk about available programs for which seniors are eligible. Also participating are area hospitals, senior day care facilities, local nursing homes and other social service providers.

Musical entertainment will be provided. All seniors will receive free refreshments and bagged produce. Admission to Turtle Back Zoo on the day of the event is free for seniors, but Carousel and Pony rides are \$2 each and feed sticks at the Outback Adventure Aviary are \$2.

For transportation to the event, please call 973-737-7200. For more information about the Essex County Senior Wellness Day, please call 973-621-4400.