



"We look forward to welcoming our Essex County Seniors at the 15th Annual Essex County Senior Wellness Day. We will be offering information about programs and services available for seniors, the benefits of exercise and good nutrition, plus music and entertainment."

– Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
And The Board of County Commissioners**

Invite you to attend

The Annual
**Essex County
Senior Wellness Day**

**** FOR ESSEX COUNTY SENIORS ONLY ****



Free Event!!

**Tuesday, October 3, 2023
10 a.m. to 2 p.m.**

**Essex County Richard J. Codey Arena
560 Northfield Avenue
West Orange, NJ**



For information, call 973-621-4400
For transportation, call 973-737-7200

*Health Screenings *** Musical Entertainment *** Dancing *** Free Food
Farmers Market (bagged produce) *** Exercise Demonstrations
Valuable Information *** Free Admission to Turtle Back Zoo for All Seniors*

Putting Essex County First