



"We want to help our senior citizens continue living independent, healthy lives. Our Annual Senior Wellness Day is an opportunity to obtain information about available programs and services for seniors, the benefits of exercise and good nutrition, plus music and entertainment. We also encourage seniors to protect themselves from COVID, flu and other diseases by getting vaccinated."

– Joseph N. DiVincenzo, Jr.



Joseph N. DiVincenzo, Jr., Essex County Executive
The Board of County Commissioners
The Division of Senior Services
And the Department of Park, Recreation and Cultural Affairs

Invite You to Attend The

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*

Why Adults Age 55 and Older Should Get Vaccines

Vaccines help protect you from diseases, such as COVID and flu, that can be serious – and sometimes deadly. Vaccines can help lessen their effects and prevent them.

- Older adults are more likely to get certain diseases.
- Older adults are at a higher risk for serious complications from diseases.
- Protection from some vaccines can wear off over time. It is important to keep your vaccines up to date.

Seniors should consult their primary care physician, pharmacy or urgent care facility to obtain a COVID vaccine.

When you get vaccinated, you don't just protect yourself – you also protect others around you. This is especially important if you spend time around someone with a long-term health problem or a weakened immune system.

Putting Essex County First