



County of Onondaga
Office of the County Executive

J. Ryan McMahon II
County Executive

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Media Release

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County Executive Ryan McMahon Announces Date for Annual Nutrition & Health Expo for Seniors

Expo celebrates National Nutrition Month

SYRACUSE, N.Y. – County Executive J. Ryan McMahon, II today announced that the annual Nutrition & Health Expo for Seniors will take place Saturday, March 23, 2019 from 10:00AM to Noon at the CNY Regional Market “F” Shed located at 2100 Park Street. The annual event attracts hundreds of seniors from across Onondaga County.

The event will give Central New York Seniors the opportunity to see available community resources, partake in health screenings and massages as well as exercise classes. A light & healthy breakfast will be served and there will be healthy cooking demonstrations & samples.

County Executive McMahon said, “This annual expo is a great opportunity for the seniors in our community to see all that Onondaga County and the Office for Aging has to offer. Whether it is signing up for one of the many classes offered or taking part in a health screening, this year’s expo is sure to be the best yet.”

Registration is required for this event. For more information or to register, please call 315-435-2362 ext.4987. The deadline to sign-up is March, 15th, 2019.

Local businesses are still welcome to be a Sponsor and/or Exhibitor. To be a sponsor/exhibitor, businesses are asked to call 315-435-2362 ext. 4942 by March 8th, 2019.

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