



**Union Fire Company presents  
Our 14<sup>th</sup> Annual Health and Wellness  
Program at  
Burchfield Nature & Art Center**  
On Union Road near Clinton Street, West Seneca

The following Saturdays:  
**June 19<sup>th</sup> and 26<sup>th</sup>  
July 3<sup>rd</sup> and 10<sup>th</sup>  
8:30 a.m. – 9:45 a.m.**

### **What will we do there?**

8:30AM – Registration and Blood Pressure Checks

8:45AM – Introduction of an educational topic affecting an aging population.

*Special guests this year include Gilda's Club, Alzheimer's Association  
and Network in Aging.*

9:15AM – Wellness Walk through the beautiful nature preserve. Take it at your own pace.

9:35AM – Regroup for a quick review and prizes. Enjoy a healthy snack.

9:45AM – Closing Comments. Feel free to hit the trails again or socialize with friends.

### **How much does it cost?**

The program is free to you. Union Fire Company sponsors and presents the program.

### **Do I have to come to all four weeks?**

You may come to as many or as few as you like, however all four sessions are recommended. If you miss a week, handouts are always available at the following session. Our last week will pull together everything you have learned!

### **Do I need to bring anything?**

Wear socks with sneakers or walking shoes and loose fitting clothing. If you need an assistive device to walk safely or eye glasses to see properly, please bring them. Ladies, consider leaving your purses at home so you don't have to walk with them.

*If you are interested in the program or have questions, please call Firefighter Jennifer Blackchief at 656-7050. Pre-registration is requested. You may pre-register by phone or at our fire company chicken barbeque on Sunday, June 13<sup>th</sup> at 2055 Union Road, West Seneca.*