

**FOR IMMEDIATE RELEASE:**

4/20/22

**Office for the Aging Seeking Participants for Free Walk with Ease Program**

The St. Lawrence County Office for the Aging, in partnership with Cornell Cooperative Extension, is offering a *Walk with Ease* program in Gouverneur. The Walk with Ease program is an Arthritis Foundation fitness program provided by the Office for the Aging as part of the evidence based, health promotion program for older adults age 60 and over. Classes include: walking, strengthening, and toning exercises. Participants will also be instructed in healthy eating tips and recipes will be prepared in class.

Classes are free and will be held at the Gouverneur Community Center; located at 4673 NY-58, Gouverneur . Classes will begin on May 9<sup>th</sup> and start at 9 am. Registration is required and class size is limited, so call now to reserve your spot. For more information and to register, please contact Marty at 315-386-4730.

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**About St. Lawrence County Office for the Aging:**

The Office for the Aging provides service and advocacy for county residents 60 years and older. Programs and services includes: Nutrition Centers and Home Delivered Meals; Home Care Services; Family Caregiver Support; Senior Community Service Employment Program; Medical Transportation; Legal Services; Health Insurance Information Counseling and Assistance. The Office's mission is to develop a service system specifically designed to best meet the social and human needs of the elderly.

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