

OUR MISSION

KEEPING YOU HEALTHY KEEPING YOU FIT



The program is open to all Erie County residents 60 years of age or over. A confidential contribution of \$3.00 is suggested but no one will be turned away for lack of ability to pay. All contributions help serve more meals to seniors in Erie County.

CALL NOW
(716) 858-7639

For
Food
Fitness
Friendship
Fun

Erie County Department
of Senior Services
Stay Fit Nutrition & Wellness
Programs for Seniors
(716) 858-7639
www.erie.gov/stayfit

Mark Poloncarz
Erie County Executive



These programs, for the senior residents of Erie County, are designed to optimize quality of life.

Randall Hoak
Commissioner of
Senior Services.



Come Dine with us.

Mike Saccomanno
Assistant Director
Nutrition Program



Our mission is to help assure your wellness and wellbeing.

Funded by the Administration on Aging (USDHHS), the New York State Office for the Aging and County of Erie

Erie County Stay Fit Dining

Healthy Diet
Nutrition Counseling
Fitness Classes
Activities & Socialization



ONE STOP WELLNESS



**JOIN US FOR
A GREAT MEAL
and
A GREAT DEAL MORE**

**ERIE COUNTY
STAY FIT DINING SITES**

Meet Old Friends
Make New Friends

*‘There are no strangers
here only friends who
have not met.’*

Healthy diet and daily exercise
are keys to a long and healthy
life but *social interaction* is also
very important to achieve
successful aging.



There are many Stay Fit Dining
locations throughout Erie County.
To find the location nearest you call
(716) 858-7639

*Human interaction, kindness and
warmth are infinitely more
meaningful and important than
anything found on my computer
or on television.* Robert Stahul

**FREE
WELLNESS PROGRAMS.**



FREE NUTRITION COUNSELING
Individual Private Counseling



FREE NUTRITION EDUCATION



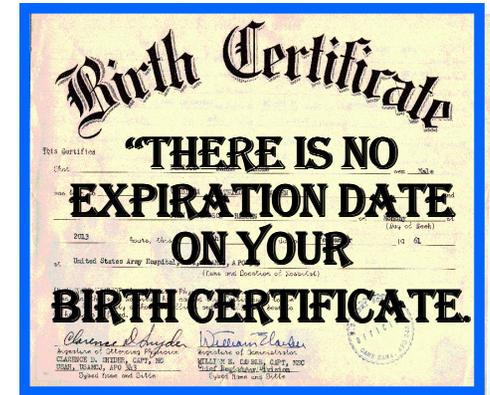
FREE FITNESS & WELLNESS

Group Exercise Sessions
Falls Prevention Classes
(716) 858-7639

**FEEL BETTER LOOK BETTER
BE BETTER.**



There may be at least
100 reasons to join
Club 99



Call now **716-858-7639**
for more information regarding
Stay Fit Dining and CLUB 99



Ann Constantino age 91 — Richard Derwald age 78