

**New York StateWide Senior Action Council, Inc.**

# **ULSTER COUNTY CHAPTER**

## **Invites You to Join Us**



**Location:**  
The Senior Hub  
(adjacent to the  
Office For The Aging)  
5 Development Court  
Kingston, NY 12401



**Date/Time:**  
Friday  
October 11, 2019  
1-2:30 PM



**Speaker:**  
Sadia Hussain, MD  
The Institute for Family  
Health

### **DISCUSSION TOPIC:**

**Health Tips For Seniors!**



**Dr. Hussain, a physician with a background in social work, has a unique insight into helping individuals take care of their health.**

**RSVP:** Email: [statewide4@gmail.com](mailto:statewide4@gmail.com) (put Ulster Meeting in the subject line) or  
Call: 518-689-1084

### **SAVE THE DATE!**

**THE ULSTER CHAPTER IS HOSTING A SOCIAL EVENT**

**November 15, 2019 4-6PM**

**STATE  WIDE**

**New York StateWide Senior Action Council, Inc.**  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax (518) 436-7642  
[www.nysenior.org](http://www.nysenior.org)