

RSS S

Join us at the Lyons Community Center from 9 am until 2 pm on Wednesday, June 14 for the Fourth Annual Wayne County Community Schools Rally.

Last fall, we identified some of the largest challenges and biggest needs. This spring, we gathered data using the Evalumetrics Youth Survey. Now it is time to come together to create solutions.

In the morning, we will share out some information and then facilitated groups will work together to answer questions around what we can do right now to make Wayne County a better place to grow up!

At noon, we will enjoy a meal together and learn about just a few of the successes the Wayne County Community Schools movement should celebrate.

<u>Click here</u> to view the day's agenda and to get your ticket.

Learn Your Options for **Colorectal Cancer Screenings**



Join the Cancer Services Program of the Finger Lakes Region for a conversation on colorectal cancer screening options

Learn how at-home kits work and if they are the right choice for you

WEDNESDAY JUNE 7

10:30 - 11:30 A.M.

NEWARK PUBLIC LIBRARY

If you are unable attend and would like more information on free cancer screenings, call 585-224-3070 or email CSP@URMC.Rochester.edu



Learn about your screening options and receive a FREE* at-home screening kit from the Cancer Services Program of the Finger Lakes Region.

Colorectal cancer is the 2nd leading cause of cancer death in NYS, but it does not have to be.

*You must be 45 years of age or older without health insurance that covers colorectal cancer screenings for a free kit.

Come join the Cancer Services Program of the Finger Lakes Region at the Newark Library to learn about different kinds of at-home colorectal cancer screening kits available, and to talk about risk and risk reduction for this disease.



Wayne Behavioral Health Network is providing free Safe Space training for anyone interested.



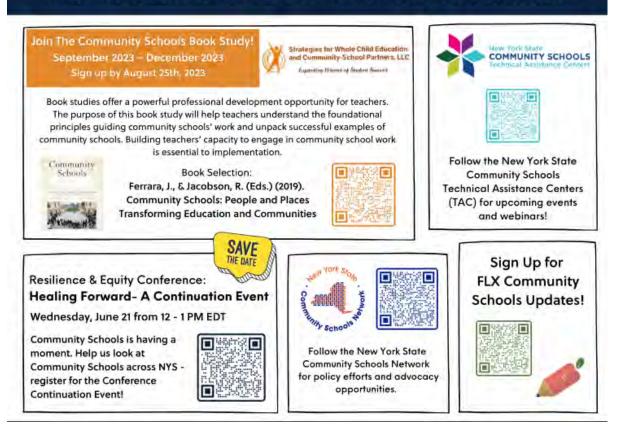
Finger Lakes Community Action is seeking coaches/trainers for A Matter of Balance and Prevent T2 programs.

To submit your article or event to this newsletter, please visit <u>www.waynepartnership.org/newsletter</u> and complete the simple form!

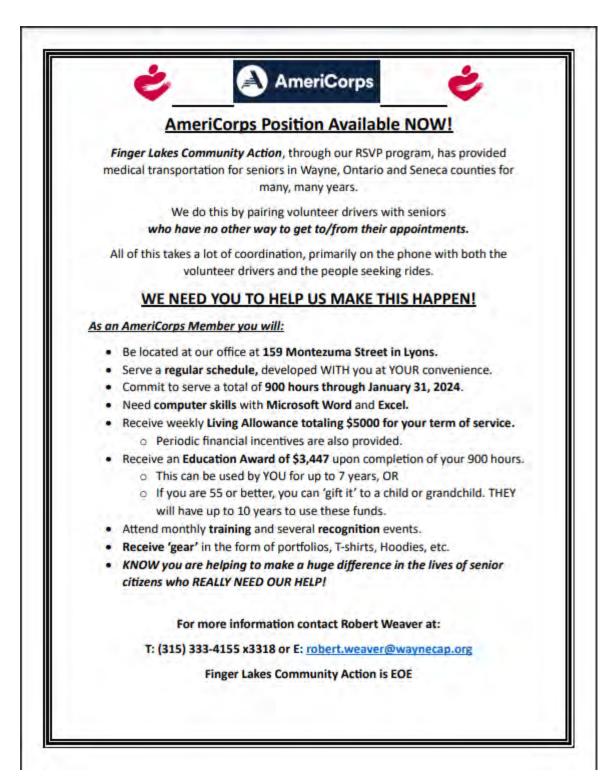


There's a lot happening in June in Savannah and Clyde! The Savannah Street Faire takes place on the 4th, the River Rock Music Fest on the 10th, and Bike with Bob on the 11th. See the flyers above for details.

FLX CONFERENCE FOLLOW-UP OPPORTUNITIES



Whether you attended the recent Resilience & Equity Conference in Syracuse, or not, there are opportunities to connect, learn, and stay informed. Click on the image above to view the events and QR codes more clearly.



Finger Lakes Community Action is seeking an Americorps Fellow to assist with the coordination of senior medical transportation in and around Wayne County.



The 8th Annual Laurel House 5K run/walk will take place June 10th. See the image above for registration information.



NATIONAL HEALTH & SENIOR

FITNESS DAY 30th ANNUAL EVENT

What: National Senior Health & Fitness Day is an annual health and wellness event for older adults. More than 100,000 older adults will participate in these local health events across the country. The goals are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities.

When: Wednesday May 31, 2023 Where: T. Spencer Knight Park Vanburen St. Newark, NY 14513 Time: 8am-9am registration 9-9:15am Welcome 9:30am 5K begins

- The walk will begin promptly at 9:30am.
- All participants will walk the canal path to Harder Canal Park

(just before Stebbins Rd) and back making it a complete 5K event!

 Refreshments and snacks will be provided to all participants.



"Move More to

Do More!"

Vendors will be on hand to discuss what they offer our seniors to help improve their health and fitness!

 Silver Steppers T-shirts will be given out to those who register until they are gone. These will be handed out the day of the event at registration time.

Contact Wayne County Department of Aging & Youth to pre-register M-F, 8-4:30pm at (315) 946-5624 or by going to our event sign up at https://web.co.wayne.ny.us/FormCenter/Aging-Youth-4/Upcoming-Events-46

The Month of May is Older Americans Month and the theme for this year is "Aging Unbound". The <u>Wayne County Department of Aging & Youth</u>, in honor of Older Americans Month, is also celebrating National Senior Health and Fitness Day on Wednesday, May 31st. We are sponsoring a 5K Walk for seniors and are looking for health and wellness vendors to set up tables in T. Spencer Knight Park on this day, we are also looking for participants for the walk. If you are interested in being a vendor or a walker, please contact our office at 315-946-5624. We will be giving out silver stepper t-shirts to registrants the day of the event until supplies last. I hope you are willing to come out on May 31st to celebrate our seniors and help promote healthy aging in Wayne County.





Copyright © 2023 Wayne County Partnership for Strengthening Families, All rights reserved.

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.



https://us7.campaign-archive.com/?u=379b0ecb32da0ff2bc810c605&id=f1a1388181[4/26/2024 2:08:49 PM]