

2ND ANNUAL



Live Well Retreat Erie



REFRESH • RESTORE

THE SIGNATURE EVENT DESIGNED TO INSPIRE,
ENERGIZE, AND EMPOWER OLDER ADULTS

Saturday, October 24, 2026

9:00 am - 2:00 pm

Amherst Senior Center

370 John James Audubon Pkwy,
Buffalo, NY 14228

**REGISTRATION
REQUIRED!**



TOPICS INCLUDE:

- Medicare education and options
- Family caregiving trends and support resources
- Brain health and Alzheimer's awareness
- Aging in Place and home safety
- Financial wellness, foreclosure prevention, reverse mortgages, and estate planning
- Volunteer opportunities and lifelong purpose
- Healthy eating and nutrition
- Exercise and healthy movement
- Building social connections and reducing isolation
- and more!

Lunch Included!

- Creamy Sundried Tomato Parmesan Chicken
- Pasta (choice of red or alfredo sauce)
- House Salad
- Ciabatta Bread
- NY Style Cheesecake with fruit topping



Call
716.858.6517



Resister Online
erie.gov/aging