

LEWIS COUNTY
OFFICE FOR THE AGING

HEALTH & WELLNESS PROGRAMS

Office for the Aging is proud to offer a variety of Health & Wellness Programs to improve your mind, body, and overall health. These include:



AQUATICS



TAI-CHI



WALKING WITH EASE

These programs are available at no cost to all Lewis County residents 60 years of age and older. Please call Lewis County Office for the Aging at 315-376-5313 ext 5 to reserve your spot today!!

