

## Wellness Activities:

**Older Adult Mental Health Services at UR Medicine:** At UR Medicine's Older Adult Services, we work together with families and individuals to provide specialized mental health care for our community's aging population, 65 years and older. (585)-273-5454

**Classes at Rochester OASIS** center on opportunities in lifelong learning, health, wellness and social engagement (585-730-8800)

**Health Promotion at Lifespan** Matter of Balance (fall prevention, Tai Chi, Living Healthy with Diabetes (585-287-6439)

**Silver Sneakers** at the YMCA and online provides access to gyms and online classes through select Medicare plans

**Animatronic Companion Pets:** Contact Monroe County Office for the Aging (585) 753-6280

**Wheelchair accessible trails in New York**