

Eat Well...Stay  
Well Dining's  
Club 99

It's a Matter of  
Life and Health

Your Membership  
is a Declaration of  
Independence!



Glenda Reardon, Registered Certified Dietitian and Dietetic Interns come out to sites to discuss the Dietary Guidelines as part of Club 99 and the Nutrition Education Program.



Niagara County Office for the Aging

111 Main Street Suite 101  
Lockport, NY 14094

Phone: 716-438-4030

Fax: 716-438-4029

Niagara  
County  
Office for  
the Aging



*Club 99*

*If you would like  
to live to age 99  
and join the  
Club, read on!*

**716-438-4030**

The Mission:

*To help all members attain optimal well-being by providing a fitness training, nutrition counseling and education program.*



**Picture This:**

**You turning 100!**

Healthier Lifestyles coupled with advancements in medical and pharmaceutical sciences are constantly extending projected life expectancy. One of the fastest growing demographic populations groups in the United States are those over the age of 100. Every passing day finds more and more people reaching this milestone birthday.

**Take the Club 99 Pledge!**

Beginning today I firmly resolve:

- To engage in a minimum of 30 minutes of physical activity daily
- To learn, understand and follow the Dietary Guidelines for enhanced nutrition
- To consult my health care provider regarding any health issues and to get regular physical check-ups
- To take all medications exactly as prescribed

**PLEDGING MEMBERS:**

**Ages 60—98**

**Full Membership**

**Age 99 and ABOVE!**

**CLUB 99**

**Who is eligible?**

**You!**

**If you are age 60 or older and are a registered participant in the Eat Well...Stay Well Dining**

**What Type of Exercise Is It?**

A trained leader demonstrates the exercises using resistance bands. Times of the program and locations vary. For a schedule, call 438-4030.

**Sites:**

**North Tonawanda Senior Center: Mondays and Wednesdays at 10:30 AM; Woodlands Senior Apartments: MWF, 9:45 AM  
New locations added daily**