



**NOW INTRODUCING:**

**WARRIOR WEDNESDAYS**

**JOIN US! EVERY OTHER WEDNESDAY**

**NEXT MEETING: MARCH 18TH 4- 6:30PM**

**STRIDE SHARE CENTER: 4482 NY HIGHWAY 150, WEST SAND LAKE, NY**

Each meeting we'd like to present you with the opportunity to gather with your fellow comrades in a comfortable environment to socialize, learn, and help yourself be healthy in mind, body, and spirit.

Family members are welcome to join

**ON THE AGENDA 3/18:**

- **MEET & SOCIALIZE WITH OTHER VETERANS**
- **DISCUSS WHAT FUTURE TOPICS OF INTEREST**
- **1 HOUR GUITAR LESSON**
- **MEET & SPEAK WITH ASSEMBLYMAN JAKE ASHBY**
- **LIGHT DRINKS & REFRESHMENTS**

**NEXT MEETING—4/1/2020**

For more information & to RSVP

Call STRIDE office—518-598-1279 or email [mevans@stride.org](mailto:mevans@stride.org)