



“THE BIRTHPLACE OF THE STATE OF NEW YORK”
OFFICE OF THE MAYOR

THOMAS M. ROACH
MAYOR

t: 914.422.1411
f: 914.422.1395

FOR IMMEDIATE RELEASE:

Contact: Frank Williams, Jr., Executive Director, White Plains Youth Bureau
Tel: (914) 422-1378
fwilliams@whiteplainsny.gov

Coffee with Grandpas United at White Plains Library on May 14, 2019

Topic: Staying Sharp Throughout Your Life

WHITE PLAINS, NY – May 1, 2019. All grandfathers are invited to attend our next Coffee with Grandpas United gathering at the White Plains Public Library, located at 100 Martine Avenue in White Plains on Tuesday, May 14th, 8:30 - 10:30 a.m.

We all want to stay active, both physically and mentally, so that we can enjoy our work, our friends, and our family. Contrary to popular belief, dementia is NOT a natural part of aging, and like many diseases, it can be prevented and treated. Lisa Feiner, a founder of the Westchester non-profit, Sharp Again Naturally, will share what causes memory loss and what can be done today to stay healthy in body, mind and spirit!

This free monthly speaker series is hosted by Grandpas United, an inter-generational initiative of the White Plains Youth Bureau, in collaboration with the White Plains Library. Refreshments will also be served free of charge.

To register or for more information, contact the White Plains Youth Bureau, at 914-422-1378 or email GrandpasUnitedWPYB@gmail.com

The mission of Grandpas United of the White Plains Youth Bureau is to utilize the talents, skills and experiences of our Grandpas to improve our community. We aspire to serve as male role models and mentors to enhance the growth and development of our youth, while sharing our talents and experiences with one another, enabling us to maintain our dignity, self-respect and self-worth. For more information, visit www.whiteplainsyouthbureau.org

#