



# The Commonwealth of Massachusetts

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## SENATOR ELDRIDGE ANNOUNCES 34th ANNUAL SENIOR CONFERENCE AT HUDSON HIGH SCHOOL

*Annual Senior Conference to feature a variety of services, workshops, food and entertainment*

Hudson— Senator Jamie Eldridge (D-Acton) today announced details for the 34th annual Senior Conference at Hudson High School on Thursday, April 24th. The Senior Conference will feature a variety of services, workshops, food and entertainment free for seniors in attendance.

Senator Eldridge will be joined by Congresswoman Niki Tsongas, Secretary of the Executive Office of Elder Affairs Ann Hartstein, Attorney General Martha Coakley, Treasurer Steven Grossman, Auditor Suzanne Bump, Senator Harriette Chandler (D-Worcester), Representative Danielle Gregoire (D-Marlborough), Representative Kate Hogan (D-Stow) and Marlborough Mayor Arthur Vigeant.

“Each year, the senior conference provides our seniors with information they can use to help them maintain healthy, financially secure and independent lifestyles,” said Senator Eldridge. “I am proud to host the 34th annual senior conference to help spread awareness about where and how to get the care our seniors need in our community and spend time hearing from them.”

The annual conference has become a staple in the Middlesex and Worcester District since 1980 and has been hosted by predecessors such as former Congressman Chet Atkins, former Governor Paul Cellucci and former Secretary of Environmental Affairs Robert Durand.

The event features free coffee and donuts during breakfast, a hot catered lunch, health screenings, entertainment by the Senior Singers, a local dance group, and door prizes. The conference will feature a variety of interactive workshops that cover a wide scope of topics such as health care, financial planning, yoga, Tai Chi, nutrition, independent living and more.

The conference will be held on Thursday, April 24th at Hudson High School, located at 69 Brigham St, Hudson, from 9:00 a.m. to 2:00 p.m. The event is free for seniors.