

SARANAC LAKE CIVIC CENTER, INC.

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NEWS RELEASE: FOR IMMEDIATE RELEASE

Saranac Lake Civic Center

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Hudson Headwaters Sponsors Skating Sessions at Saranac Lake Civic Center

Tykes on Ice Starts Monday, December 4 - hour-long skating sessions for ages 5 and under

SARANAC LAKE, N.Y. -- The Saranac Lake Civic Center announces Hudson Headwaters Health Network will sponsor a total of 30-public-skating sessions, provided free of charge. Ten of those sessions will be reserved for children ages 5 & under with their caregiver. The children's series, "Tykes on Ice", begins Monday, Dec. 4 at the newly remodeled facility. In addition to the Tykes on Ice Program, Hudson Headwaters will sponsor 20 skating sessions throughout the season; its holiday skating series starts this Friday, November 24th.

Hudson Headwaters is a nonprofit, Federally Qualified Health Center, operating 22 health centers throughout its service region spanning from Saratoga County to the Canadian border. In the tri-lakes region, the Network recently added 2000 square feet of expanded and renovated space, including six new exam rooms, at Saranac Lake Family Health, in the Adirondack Medical Center. The center also welcomed several new providers this past year. Tupper Lake Family Health has expanded its hours and is now open on Fridays. Hudson Headwaters also plans to open a primary care center in Lake Placid in 2024.

"At Hudson Headwaters, we have the privilege of providing primary care services to many families throughout the North Country and recognize that good health is more than what occurs in exam rooms," shared Patricia Monroe, M.D., a pediatrician with Saranac Lake Family Health. "We are pleased to support our communities in pursuing exercise and quality time with one another. We hope that in learning to skate in a relaxed environment, these programs will help children, and their caretakers, to have fun, build confidence and develop lifelong healthy habits."

The first session in the Tykes on Ice program is Monday, Dec. 4 from 3:15 to 4:15 p.m. The next is Monday, Dec. 18. The holiday skating series will begin this Friday, Nov. 24. The next is Saturday, Nov. 25. The full schedule sponsored by Hudson Headwaters will be available on the Saranac Lake Civic Center website and Facebook page. Pre-registration to skate is required for each session.

"Our new Tykes on Ice series will be a fun way for little community members who may need a quieter time on the ice," Saranac Lake Civic Center's Marnie Crane said. "The community has asked for additional skating opportunities such as this and we are grateful to Hudson Headwaters for responding so generously when we asked, by adding general public skating sessions for the holidays and throughout the season."

Skate rentals for each session in the Hudson Headwaters Skating Series will be offered at \$5 at the Civic Center's pro shop.

The Saranac Lake Civic Center is looking for more opportunities to offer sponsored skating sessions. Individuals, businesses or organizations that would like to sponsor a skating session or enter other partnerships with the Civic Center are encouraged to email info@saranaclakeciviccenter.org. The Saranac Lake Civic Center is located at 213 Ampersand Avenue.

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FOR MORE INFORMATION: Marnie Cochran Crane, Saranac Lake Civic Center, (804) 516-5296, info@saranaclakeciviccenter.org

About the Saranac Lake Civic Center

The Saranac Lake Civic Center is a year-round, not-for-profit recreation and events facility, serving the residents and visitors of Saranac Lake and the surrounding Adirondack community. The Saranac Lake Civic Center serves residents and visitors from across the region and beyond. Its regular users include local youth hockey, high school players from Saranac Lake and Lake Placid Central Schools, women's and men's adult recreational hockey, Lake Placid Curling Club, Paul Smith's College, Northwood School and more. Expanded users include tournament users (such as Can-Am Hockey, Canadian Hockey Enterprises, Empire State Winter Games) and exposition organizers to take advantage of the event space.

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