§ 190-b. Sewage disposal districts. In the manner hereinafter provided, the town board of any town may establish or extend in such town a sewage disposal district for the purpose of conveying and disposing, or conveying, treating and disposing of sewage from sewer districts or wastewater disposal districts within such sewage disposal district. A sewage disposal district shall consist of sewer districts or wastewater disposal districts, or any combination thereof, which need not be contiguous.