

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 4:30pm**

## WHERE

**SEDGWICK COMMUNITY CENTER**

**1553 University Avenue, Bronx, NY 10453**

Contact Edwin De Los Santos at 718-731-2600 for more information

“Spring Into Health Fair” will engage, encourage, empower, and expose community residents to an array of holistic services. Participating sites will engage local community-based organizations and City agencies in each neighborhood.

Activities will focus on three topics: **awareness** and **education** (supplemental nutrition assistance, health insurance enrollment opportunities); **lifestyle information** (e.g. Blood pressure, vision, dental screening); and **demonstrations** (e.g. Yoga, Zumba, CPR).

## ZUMBA

Come move and shake with us! Free classes!!

## FDNY

Come learn all about fire safety and devices that can protect your family

## NYPD

Come meet your local officers!

## Bronx Community College Fair

Come learn all about the services and courses the college has to offer!

