

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

CAREY GARDENS COMMUNITY CENTER

2315 Surf Ave, Brooklyn, NY 11224

Contact D'Netra Mincey at 718-758-5068 for more information!

“Spring Into Health: A commitment to community” 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 dance to great music, with great people, and burn a ton of calories without even realizing it!

Art Therapy

Learn a new way to relax through art expression

Healthy Eating

Nutritional food booths and cooking classes

Health Screenings

Screenings for blood pressure, vision and hearing

Recycling

Interactive activity on recycling and keeping your community clean

BCS
Brooklyn Community Services