

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

FARRAGUT COMMUNITY CENTER
228 York Street, Brooklyn, NY 11201

Contact Stevie Rouse at 347-265-9606 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).

Paint Your Feelings

Participants will be able to paint their feelings and express themselves creatively

What You See or What You Get

Participants will spin the food wheel for a chance to win a healthy snack...the catch is will they get the snack on the spinning wheel??

Singing Workshop

Participants will be taught proper breathing techniques to improve their breathing. They will learn about the different harmonies in a choir

Bubble Wrap Popping

Participants will pop the bubble wrap as fast as they can to exercise their muscles and get their hearts pumping as well as learn about the muscles they are using

Postcard Activity

Participants will get the opportunity to write down a goal or a problem they are having, stuff in an envelope and open it in one year for reflection

BCS
Brooklyn Community Services