

invites you to

Spring *into* Health

A commitment to community.

WHEN

Friday, May 17th
4pm – 9pm

WHERE

**DR. SUSAN S. MCKINNEY
SECONDARY SCHOOL**

101 Park Avenue, Brooklyn, NY 11205

Contact Tanya Walker at 718-943-6956 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

Blood Pressure Screenings

Nurse interns will facilitate screenings on-site

Cumberland Diagnostics

Sign up for appointments for physicals.

BCS
Brooklyn Community Services