

invites you to

Spring *into* Health

A commitment to community.

WHEN

Thursday, May 16th
5pm – 7:30pm

WHERE

SETH LOW COMMUNITY CENTER

137 Belmont Avenue, Brooklyn, NY 11212

Contact Kim Peters at 718-495-8301 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).

BAB

Come learn about a weather emergency program and other weather-related issues

GED Readiness

Participants will learn about the classes and requirements for taking the GED

Exercise/Fitness

Workshops all around teaching healthy eating and nutrition

Family Painting

Family engagement – painting workshops that engages the children and their parents/guardians

Early Prevention

BCS
Brooklyn Community Services