

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

BRONX RIVER COMMUNITY CENTER

1619 East 174th Street, Bronx, NY 10472

Contact Tomas Ramos at 718-344-2930 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).

Self-Defense Demonstration

Come learn about ways you can protect yourself

Zumba

Get ready to move and shake!

Youth Performances

Come see your youth participants put on a show for the entire community

Raffles

Bouncy Castles

