

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

BEACH 41ST COMMUNITY CENTER

426 Beach 40th Street, Queens, NY 11691

Contact Brian Davis at 718-790-1519 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).

Zumba

Promoting a healthy lifestyle by exercising. Free classes!

Housing and other Resource Referral Services

Come check out our community partners' services

Employment/Vocational Opportunities

Blood Pressure Screening

Activities for the entire family!!



**THE CHILD
CENTER OF NY**

Strengthening Family. Building Community.