

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

Friday, May 17th  
4pm – 8pm

## WHERE

P.S./I.S. 217 ROOSEVELT ISLAND

## SCHOOL

645 Main Street, Manhattan, NY 10044

Contact Christina Seerattan at 718-577-5751 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!

## Yoga

Come stretch with us and learn about breathing exercises

## Dental/Medical Insurance

Come meet with a health insurance representative today to learn about all the different options available

## ESL Classes

Information sessions around free ESL classes available

## Nutrition Class

Healthy eating habits, tasty snacks and free samples!



**THE CHILD  
CENTER OF NY**

Strengthening Family. Building Community.