

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

P.S. 11

1257 Ogden Avenue, Bronx, NY 10452

Contact Marie Stroud at 917-962-9955 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).

Healthy Eating

Community members will be able to take part in a mini workshop about how to prepare healthy meals and how to make infused water

Blood Pressure Screening

Community members will sit with a Health Coordinator to learn and understand how to better manage living with high blood pressure

Mammograms

Community members will be able to get free mammogram screenings and learn how to do monthly breast exams

Financial Literacy

Community members will be able to learn the importance of having good credit and how to build credit. One on one sessions available!

Early Intervention

Community members will be able to learn different strategies from a Health Educator on how to deal with a person who has asthma and also tips for dealing with Poison Control

