

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 3pm**

## WHERE

**J.H.S. 218 JMAES. P. SINNOTT**

**370 Fountain Avenue, Brooklyn, NY 11208**

**Contact Mr. Eric James at 347-658-9485 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).

## Health Plus

Community members will have the opportunity learn about and register for health benefits

## Vision Screening

Sign up and make an appointment for eye exam

## Dental Screening

Sign up and make an appointment for oral exam

## Mammogram Truck

Free screening to detect early breast cancer

## Cypress Hills Farm Market

Demonstrations on how to make healthy meals along with free, healthy recipes



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