

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 6pm

WHERE

I.S. 204

36-41 28th Street, Queens, NY 11106

Contact Julius Jones at 718-937-7890 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).

Stress Management

Sessions that will teach community members simple mindfulness and stress management techniques that can be implemented into their daily life.

SPIN Class

Participants will have an opportunity to experience a spin class.

Face Painting

Get into the health fair spirit with face painting. The face paint station will include information about what your favorite color(s) says about you.

Diagnostic Testing Services

From HIV, blood pressure, and stress testing, the health fair will help you own your health through detection, prevention, and free information.

