



Department of
Youth & Community
Development

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 3pm

WHERE

RED HOOK EAST/MICCIO
COMMUNITY CENTER

110 West 9th Street, Brooklyn, NY 11231

Contact Roland Knight at 646-737-4166 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).

Food

Community members will learn about healthy eating options

African Drums

Performances by participants and an opportunity to sign up for free classes!

Dental Screening

Sign up and make an appointment for oral exam

Yoga

Come learn all about breathing and moving. Sign up for a free class today!

Giveaways!!

Music!!

...and a chance to win at Raffle!!

