

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 5pm**

## WHERE

**Good Sheperd Services, GSS.**

**692 Blake Avenue, Brooklyn, NY 11207**

**Contact Monique Newkirk at 646-581-6986 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

## Violin Performances

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

## Face Painting!!

## Giveaways!!

## Music!!

