

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

ASTORIA COMMUNITY CENTER

4-05 Astoria Boulevard, Queens, NY 11102

Contact Rafael Santana at 347-813-4452 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).

ASPCA

Come get your vouchers to get your pet spayed/neutered!

Blood Donation

Come give blood and learn how blood transfusions saves lives

Home Health Care Services

Information session on home health care

Eye Exams

Come sign up for a free eye exam!

HIV Testing

Confidential, free testing

