

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 4pm**

## WHERE

**P.S. 194 COUNTEE CULLEN**

**244 West 144th Street, Manhattan, NY 10030**

**Contact Camille Gill at 212-234-4500 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).

## Zumba

Incorporating dance with physical moment!

## Trap Yoga

Stretching, body strengthen, poses, while listening to urban music

## Healthy Food Tasting

Demonstrations with a Nutrition Educator on healthy foods and sampler!

## Bouncy House!!

## Face painting for kids!!

## Food and music!!



Harlem Children's  
**Z O N E**