

invites you to

# Spring *into* Health

A commitment to community.

**WHEN**

**Wednesday, May 15th**  
**4pm – 8pm**

**WHERE**

**GRANT COMMUNITY CENTER**

**1301 Amsterdam Avenue, Manhattan, NY 10027**

**Contact Jawn Bramble at 646-912-9662 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).

**Health Screenings & Insurance Enrollment Information**

**Demonstrations & Performances**

**Information and resources for the entire family!**

**Raffles & Giveaways!!**

**Food!!**

**Music!!**



Building communities one life at a time