

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

Thursday, May 16th  
6:30pm – 9:00pm

## WHERE

**P.S. 179**

7000 21st Avenue, Brooklyn, NY 11204

Contact Thomas Zaki at 917-757-8684 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 and Yoga Demonstrations

Come move and shake with us!

## Fire Safety Demonstrations

## Western Medicine Demonstration

## Healthy Juice and Snack Demonstration

## Career Resources

