



Department of
Youth & Community
Development

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

**KAPPA V (KNOWLEDGE & POWER)
ACADEMY**

985 Rockaway Avenue, Brooklyn, NY 11212

Contact Candace Dance at 718-781-1290 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 Workshop

Come move and shake with us!
Dance cardio

Blood Pressure Screening

Fitness Class

Soca Aerobics
Total Body Pump

HIV Testing

Free, confidential testing done

Smoothie Station

Come get samples of tasty, healthy
snacks!

