

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 3pm

WHERE

GOLDIE MAPLE ACADEMY
365 Beach 57th Street, Queens, New York 11692

Contact Jill Moore at 718-634-4305 for more information!

“Spring Into Health: A commitment to community” 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).

Shape Up NYC

Zumba workshop
Come shake with us!

TD Bank

Financial Literacy Workshop

Health Screening

High blood pressure
Pre-diabetes
Eye care

Health & Nutrition

Come learn all about healthy eating habits

Physical Fitness

Wanna burn off some calories?
Come exercise with us!



**POLICE
ATHLETIC
LEAGUE, INC.**

The best friend a kid can have