

invites you to

Spring *into* Health

A commitment to community.

WHEN

Saturday, May 18th
11am – 4pm

WHERE

BREUKELN COMMUNITY CENTER

715 East 105th Street, Brooklyn, NY 11236

Contact Karon Forde at 718-257-0152 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).

Cardio Aerobics Workshop

Bootcamp Fitness Workshop

Performing Arts Dance Showcase

Face painting for the kids

Domestic Violence Workshop



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