

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 2pm**

## WHERE

**POLO GROUNDS COMMUNITY  
CENTER**

**3005 8th Avenue, Manhattan, NY 10039**

**Contact Maria Rosa at 646-707-0145 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

Community members can take part in a free Zumba class and learn all about healthy movement

## Financial Literacy

Community members will have the opportunity to get financial information from the experts

## Resources

Community members will get information around multiple health plans

## Sports

Kids will have an opportunity to take part in different sport challenges and obstacle courses

## Domestic Violence Workshop

Participants will have the opportunity to receive valuable information regarding resources for domestic violence awareness.



**POLICE  
ATHLETIC  
LEAGUE, INC.**

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