

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

**Saturday, May 18th**  
**11am – 3pm**

## WHERE

**SONIA SOTOMAYOR COMMUNITY CENTER**

**1000 Rosedale Avenue, Bronx, NY 10472**

**Contact Cesar Pagan at 917-243-7031 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).

## Health Screening

Community members can receive a free health check up!

## Immigration Rights Resources

A speaker from New York Immigration Coalition Opportunity and Justice for All will be able to answer questions and provide resources.

## LGBTQ Resources

Panel Discussion with guest speakers for community members who have questions about LGBTQ rights

## Community Garden

Participants from the Sotomayor Community Center will have an information session around the community garden

