

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

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

## WHERE

**SOUNDVIEW COMMUNITY CENTER**

**1680 Seward Avenue, Bronx, NY 10473**

**Contact Jamaal King at 718-378-6246 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).

## Healthy Cooking Demonstrations

Local chefs teach quick, inexpensive, nutritious meals & snacks

## Cardio-Boxing

Former Olympic & professional boxer Michael Dominguez will teach boxing techniques and exercises

## ZUMBA

Come learn about stretching and breathing techniques to improve posture and mental wellness

## Race Walking

Low impact brisk walking to improve overall health

