

invites you to

# Spring *into* Health

A commitment to community.

## WHEN

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

## WHERE

**M.S. 131 DR. SUN YAT SEN SCHOOL**  
**100 Hester Street, Manhattan, NY 10002**

Contact Michelle Wang at 212-219-8393 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).

## Arts and Crafts

Community members can take part in various projects

## Ping Pong

Come test your skills at our ping pong table. Anyone can drop by and play!

## Spyder Ball

Come test your skills at Spyder Ball!

## Sunny Dance

Come learn about all about this traditional Chinese dance and see performances

## Learn How to Dance

We will have our very own dance teacher show the community dance steps!

