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**Amida Care Presents Free Community Fitness Class in Brooklyn
with Support from NYC Council Member Robert E. Cornegy, Jr.**

Amida Care Hosts an Evening of Fitness to Inspire Healthy Living in Brooklyn

New York, NY (June 15, 2017)—On June 14, not-for-profit New York community health plan Amida Care and Bedford Stuyvesant Restoration Corporation presented a community fitness class, a “Live Your Life” wellness event.

With the goal of inspiring fitness and healthy living in Brooklyn, this event featured a variety of exercise and fitness techniques designed to give Brooklyn residents a basis for healthy exercise. The event was supported in part by Brooklyn Council Member Robert E. Cornegy, Jr.

“Amida Care’s ‘Live Your Life’ program grew out of direct member feedback that health care needs to be about more than visiting the doctor and taking pills. These events are designed to meet the social, physical, and emotional needs of our members and build important life skills. We thank Council Member Cornegy for his support in bringing this interactive, healthy, and fun initiative to the Brooklyn community,” said Doug Wirth, President and CEO of Amida Care.

“We are continuing to address policy and systems that make a formidable impact on the health of New York City’s residents. Amida Care’s citywide events are poised to help even more New Yorkers remain healthy. I believe Amida Care’s Live Your Life this week in the 36th Council District is a great way to bring the community together around important health prevention measures,” said Council Member Robert E. Cornegy, Jr.

Amida Care holds monthly Live Your Life wellness events throughout the five boroughs of New York City, where members and their guests learn about ways to get and stay physically, mentally, and spiritually healthy. In addition to dance and fitness classes, the events cover such topics as art therapy, healthy cooking, meditation, aromatherapy, and more.

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Amida Care Inc. is a not-for-profit health plan that specializes in providing comprehensive health coverage and coordinated care to New Yorkers with chronic conditions, including HIV and behavioral health disorders. We have a wide network of top health care providers in the five

boroughs of New York City, and we are the largest Medicaid special needs health plan (SNP) in New York State. For more information, visit www.amidacareny.org.