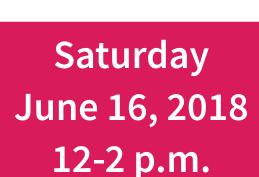
A Day for PRIDE, Family and Fitness

Join Amida Care and fitness instructor Nakisha Ross of Alwayz Fit 4 Lyfe for an afternoon of fitness and fun for all, with face painting for kids. Let's enjoy with Pride!



This Live Your Life community event is made possible with support from Brooklyn Council Member Robert E. Cornegy, Jr.

## Fun for all ages, free of charge!

This event is FREE and open to the public. Snacks and giveaways while supplies last!

RSVP Required. Please Call: 1.800.556.0689 (for TTY/TDD services, call TTY 711) Or email rsvp@amidacareny.org

Brooklyn Stuy Dome 312 Kosciuszko St. Brooklyn, NY 11221

## **Directions:**

**Train:** Take G train to Bedford-Nostrand Avenues station. Transfer to B38 bus to Lafayette & Throop Avenues. Or take #2 train to Hoyt Street station. Transfer to B38 bus to Lafayette & Throop avenues. Walk to destination.

**Bus:** Take B43 or B38 buses to Lafayette & Throop avenues, or take B15 bus to Marcus Garvey Blvd. & Lafayette Ave. Walk to destination.



Alwayz Fit 4 Lyfe offers a total body workout that strengthens the MIND, BODY & SOUL.







