

# A Day for **PRIDE,** Family and Fitness

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



**Saturday**  
**June 16, 2018**  
**12-2 p.m.**

**Brooklyn Stuy Dome**  
**312 Kosciuszko St.**  
**Brooklyn, NY 11221**

**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](mailto:rsvp@amidacareny.org)

#### **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.



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

[www.AMIDACARENY.org](http://www.AMIDACARENY.org)

