



**Contact:**

Shakira Croce, Communications Manager  
646-757-7052; [scroce@amidacareny.org](mailto:scroce@amidacareny.org)

**Amida Care Hosts Community Zumba Event in Brooklyn  
with Support from NYC Council Member Laurie Cumbo**

*Amida Care presents family fun, dance, and exercise to inspire healthy living in Brooklyn*

New York, NY (June 20, 2016)— With support from **Brooklyn Council Member Laurie A. Cumbo**, nonprofit New York community health plan Amida Care hosted “Zumba,” a community “Live Your Life” wellness event at Ebbets Field Apartments in Brooklyn on Saturday. With the goal of inspiring fitness and healthy living in Brooklyn, this free event featured a lively Zumba class designed for all ages; handicapped guests participated in a seated version of the program. Families enjoyed food, music, games, face painting, and giveaways, and Council Member Cumbo attended the event and joined in the Zumba class.

“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 Cumbo for her support in bringing this interactive and healthy initiative to the Brooklyn community,” said **Doug Wirth**, President and CEO of Amida Care.

“As ‘The City That Never Sleeps,’ we live and work in stressful environments, with little or no time to de-stress. Due to this fast-paced way of life, we become more prone to illnesses and diseases by not prioritizing our own health and wellness. Through Amida Care, New Yorkers are learning how to engage in a more active lifestyle and make healthier choices to increase their longevity. The best way to ‘live your life’ is by taking a proactive and not reactive approach,” said Council Member Cumbo.

Amida Care holds monthly member 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 healthy physically, mentally, and spiritually. In addition to fitness classes, the events cover such topics as art therapy, healthy cooking, meditation, aromatherapy, and more.

**Amida Care Inc.** is a not-for-profit health plan that specializes in providing comprehensive health coverage and coordinated care to New York City Medicaid and Medicare members with chronic conditions, including HIV and behavioral health disorders. Amida Care is the largest special needs health plan (SNP) in New York. For more information, visit [www.amidacareny.org](http://www.amidacareny.org).

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