



Join Amida Care and Always Fit 4 Lyfe for a fitness session sponsored by NYC Council Member Robert E. Cornegy, Jr.



*Giveaways
while
supplies last!*

A Night of Fitness & Wellness

Wednesday, August 21

6:30-8:30 p.m.

Bedford-Stuyvesant Restoration Corporation

1368 Fulton St., Amphitheatre, Brooklyn, NY 11216

Directions: Take A or C trains to Nostrand Ave. station.
Head north on Nostrand and turn right onto Fulton Street. Walk to destination.



www.AmidaCareNY.org



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

Amida Care is committed to promoting positive socialization and health education via Live Your Life events. To that end, we expect staff to treat members in a consistent, professional and respectful/ courteous manner. We expect members to enjoy the event, display mutual respect for peers, and staff, and refrain from disruptive behavior, including the use of foul or abusive language. For the safety of all, non-adherence to these expectations will result in removal from the event.