

Go RED

February Is
**Heart
Health
Month**



Join Amida Care and co-sponsors
Always Fit 4 Lyfe & ReForum Consulting
for a Heart-Healthy Wellness & Fitness Event

**Saturday, February 8
12-2 p.m.**

P.S.21 Crispus Attucks School, Gymnasium*
180 Chauncey St., Brooklyn, NY 11233

*This event is FREE and open to the public.
Giveaways and refreshments while supplies last.*

* This activity is not sponsored or endorsed by the DOE or the City of NY.

Directions:

Train: Take A to Utica Av station. Walk on Malcolm X Boulevard to Chauncey Street.
Turn right & arrive at destination.

Bus: Take B25 to Fulton S./Buffalo Ave. stop. Walk on Patchen Avenue
to Chauncey Street & arrive at destination. Take B46 to Malcolm X Blvd./
Fulton St. stop. Walk to Chauncey Street and arrive at destination.

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

Co-sponsored by



REFORUM
CONSULTING
Curating Conversations


AMIDA CARE
ABOVE AND BEYOND FOR YOU

www.AmidaCareNY.org



RSVP Required. Please Call:
1.800.556.0689

Or email rsvp@amidacareny.org
(for TTY/TDD services, call TTY 711)

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.

NOTICE OF NON-DISCRIMINATION

Amida Care complies with Federal civil rights laws. Amida Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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AVISO SOBRE NO DISCRIMINACIÓN

Amida Care cumple con lo dispuesto en las leyes federales de derechos civiles. Amida Care no excluye a las personas ni las trata distinto por su raza, color, origen nacional, edad, discapacidad o sexo. Amida Care proporciona lo siguiente:

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-556-0689 TTY:711.	English
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-556-0689 TTY:711	Spanish
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-556-0689 TTY:711	French
注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-556-0689 TTY:711.	Chinese