

HEALTH IS WEALTH

A TOTAL BODY CONDITIONING CLASS



Monday, Dec. 11, 2017
7 – 8:30 PM – Free and open to the public

Make your move today! Join AlwaysFit, Amida Care and Bedford Stuyvesant Restoration Corporation for a FREE fitness session, made possible by funding from NYC Council Member Robert E. Cornegy Jr.

Brooklyn Stuy Dome

312 Kosciuszko
Brooklyn, NY 11211
(between Throop Ave.
and Marcus Garvey Blvd.)

Directions:

Train

G train to Bedford/Nostrand Ave.,
transfer & take B38 bus to Lafayette
Ave./Throop Ave. #2 train to Hoyt St.,
transfer & take the take B38 bus to
Lafayette Ave./Throop Ave.

Bus

B43 to Lafayette Ave./Throop Ave.
B38 to Lafayette Ave./Throop Ave.
B15 to Marcus Garvey Blvd. &
Lafayette Ave.

**RSVP required –
please call**

1-800-556-0689

(TTY 711) or email

RSVP@amidacareny.org

- Strengthen the mind, body, and soul through movement and fitness!
- High-energy, low to high impact exercises that are fun and challenging
- For youth, men and women of all fitness levels
- Giveaways (while supplies last) and light refreshments

#FRESHMOVESBKNY



Classes are ordinarily \$5.00 per session. Earn FREE CLASSES by signing up for FREE FINANCIAL COUNSELING and other Restoration services! Earn more FREE CLASSES when you meet one-on-one with financial professionals to:*

- Take control of your debt
- Improve your credit
- Deal with student loans
- Create a budget
- Build your savings

Or sign up for Benefits Screening and Job Placement Training. Counselors will be on site to answer your questions.

These are services offered by Bedford Stuyvesant Restoration Corporation to its clients. Amida Care is not involved in these service offerings.

*2 FREE CLASSES for each service completed; 5 FREE CLASSES for each successful outcome from services provided