



Healthy
Holiday Meal

Join us for a delicious healthy holiday meal demonstration with Nutritionist Keri Watkins-Webb

Wednesday, December 9 • 6-7 p.m.

ZOOM Webinar

Join from a PC, Mac, iPad, iPhone or Android device @ www.ZOOM.com

Meeting ID: **983 4114 4554** Passcode: **098598**

Dial by your location: **+1 929 436 2866** US (New York)

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This *Live Your Life* community event is made possible with support from **New York City Council Majority Leader Laurie A. Cumbo** 35th District, Brooklyn

This event is FREE and open to the public.



www.Amidacareny.org



For More Information:
 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



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