



LET'S CELEBRATE YOU IN 2019!

Ring in the New Year with Health, Mindfulness, and Wellness!

Meditation: Bronx & Manhattan West; Fitness and Fun: Brooklyn & Manhattan East

Meditation Let's Kickstart a New Beginning

Bronx

Wednesday
January 16, 2019
3–5 p.m.

Grand Slam

Grand Slam
Banquet Hall
478 E. Tremont Ave.
Bronx, NY 10457

Train: Take B or D trains to Tremont Ave station. Transfer to Bx36 bus to Webster Ave/East Tremont stop. Walk 4 blocks to destination.



Manhattan

Friday
January 18, 2019
3–5 p.m.

Harlem United

123-125 W. 124th St.
New York, NY 10027

Train: Take A, C, 2, or 3 trains to 125th Street station. Walk to destination.

Meditate for Health and Wellness!

Fitness & Fun Reshaping the New You

Brooklyn

Wednesday
January 23, 2019
3–5 p.m.

Restoration Plaza

1368 Fulton St.
Brooklyn, NY 11216

Train: Take A or C trains to Nostrand Ave station. Walk east and arrive at destination.



Manhattan

Tuesday
January 29, 2019
3–5 p.m.

Art Space East Side

215 E. 99th St.
between 2nd & 3rd Aves.
New York, NY 10029

Train: Take #6 train to 96th Street station. Walk to destination between 2nd & 3rd Avenues.

Fun and Exercise for All!

Members may bring a guest. Gift bags, great food, and MetroCards are available. Snacks and giveaways while supplies last!


AMIDACARE
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)

Stop by our
RHIO CORNER!
Exciting new way
to enhance your
healthcare experience!
Sign-up is available
at the event!