



Lettuce do lunch!

Amida Care presents
Healthy Meals and Drinks,
hosted by Chef "Plant Hero"
Charles McCoy



Manhattan

Wednesday
March 18
3-5 p.m.

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

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

Manhattan

Thursday
March 26
2-4 p.m.

**Housing Works 9th St:
Cylar House**
743-749 East 9th St.
New York, NY 10009

Directions:
Train: Take A,B,D,N,R,1,2,3,4,5
or 6 to 14th Street and transfer
tocrosstown "Avenue D" bus to
9th Street and Avenue D stop.
Walk to destination.

Brooklyn

Friday
March 27
2-4 p.m.

**Housing Works
Willoughby**
120 Lawrence St.
Brooklyn NY 11201

Directions:
Train: Take A or C to
Jay St/MetroTech station.
Exit at Jay St & Willoughby St.
Walk toward destination.

Bronx

Tuesday
March 31
3-5 p.m.

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

Directions:
Train: Take B or D to Tremont Ave
station. Transfer to Bx36 bus and go
to Webster Ave/E. Tremont stop.
Walk to destination.
Bus: Take Bx40 or Bx42 to E. Tremont/
Washington Ave stop. Walk to destination.
Or take Bx15 to 3rd Ave/E. Tremont stop.
Walk to destination.

*Invitees may bring a guest.
Light refreshments available.
Gift bags and MetroCards are
available for members only
while supplies last!*



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.

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