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## **The Atlantic Terminal Tenants' Association and Amida Care Host Black History Month Event in Brooklyn with Support from NYC Council Majority Leader Laurie Cumbo**

### *Free Community Event Highlights Dance and Healthy Living Activities*

New York, NY – On February 24, Amida Care, a not-for-profit New York community health plan, co-sponsored the fourth annual Black History Month Event organized by the Atlantic Terminal Tenants' Association. The program, held at Brown Memorial Baptist Church, featured activist/speaker Colia Clark and the Brooklyn Love Institute of African Drummers & Dancers with Raphael Sanders, which led a special African music and dance workshop. This event is part of Amida Care's "Live Your Life" program, a concerted effort to keep healthy living at the center of people's everyday lives. NYC Public Advocate Letitia James and Brooklyn DA Eric Gonzalez attended and made remarks at the event. The event was made possible by support from New York City Council Majority Leader Laurie A. Cumbo.

"Amida Care has gone 'above and beyond' to ensure New Yorkers of all ages and backgrounds receive the best level of care – from head to toe. Through their holistic approach and innovative programming, Amida Care has demonstrated an unwavering commitment to community building. As a result, the residents of Central Brooklyn are informed and empowered to make healthier life choices year-round. I am proud to work with such a great partner in galvanizing families throughout my district to 'live your life' in the best way possible," said Majority Leader Laurie A. Cumbo.

"We know that health care is so much more than doctor's visits and medication. That's why our 'Live Your Life' events incorporate all facets, physical, mental, and spiritual, of a person's wellness. We're thankful for the support of Majority Leader Cumbo, who has made health in Brooklyn a priority," said Doug Wirth, President and CEO of Amida Care

Amida Care holds monthly Live Your Life wellness events throughout the five boroughs of New York City, where members and their guests learn about ways to get and stay healthy. In addition to dance and fitness classes, the events cover topics such as art therapy, healthy cooking, meditation, aromatherapy, and more.

**Amida Care Inc.** is a not-for-profit health plan that specializes in providing comprehensive health coverage and coordinated care to New Yorkers with chronic conditions, including HIV and behavioral health disorders, and people who are homeless or of transgender experience (regardless of HIV status). Amida Care has a wide network of health care providers in the five boroughs of New York City and is the largest Medicaid special needs health plan (SNP) in New York State. For more information, visit [www.amidacareny.org](http://www.amidacareny.org).

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