

Community
Health & Wellness



FREE ONLINE Cooking &
Fitness Demonstrations



Wednesday, May 13
5 - 6:30 p.m.

ZOOM Webinar

Healthy Cooking Lesson by Keri Watkins
from 5:15 - 5:45 p.m.

Fitness Session by Nakisha Smith @ AlwaysFit4Lyfe
from 5:50 - 6:20 p.m.

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

Click on "**Join a Meeting**" and enter the following information:

Webinar ID: **988 4594 1936** Passcode: **226303**

Or, click **HERE** to get to the meeting

Or join by phone. Dial: US: **+1 929 436 2866** Passcode: **226303**

This *Live Your Life* community event is made possible with support from

OFFICE OF NEW YORK CITY COUNCIL MEMBER
VANESSA L. GIBSON

This event is FREE and open to the public.


AMIDA CARE

www.AmidacareNY.org



RSVP Required. Please Call:
1.800.556.0689

Or email rsvp@amidacareny.org
(for TTY/TDD services, call TTY 711)

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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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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