

Community
Health & Wellness 
Fitness Class &
Cooking Demonstration



Wednesday, February 26
10:30 a.m.-12:30 p.m.

Van Dyke Community Center
392 Blake Ave., Brooklyn, NY 11212

Fitness session by Nakisha Smith @ AlwaysFit4Lyfe –
10:45-11:30 a.m.

Healthy Cooking Demonstration by Keri Watkins –
11:30 a.m.-12:15 p.m.

Face painting for kids – 11 a.m.-12 p.m.

This event is FREE and open to the public. Light refreshments available. Fresh produce & food pantry giveaways while supplies last.

Directions

Train: Take L to Sutter Ave. station. Exit at Van Sinderen Ave. & Sutter Ave., and head south on Sutter to Blake Avenue. Turn right on Blake and arrive at destination.

Take #3 to Junius St. station, and exit at Powell St. & Livonia Ave., Head west on Livonia to Powell and turn left. Walk 2 blocks to Blake Avenue, turn left, and arrive at destination.

Bus: Take B14 to Mother Gaston Blvd/Blake Ave. stop or Powell St./Blake Ave. stop. Walk to destination.

This event was made possible by funding from
Brooklyn NYC Council Member
Alicka Ampry-Samuel (41st District)

Co-sponsored by



DentaQuest



and Teens for Food Justice (TFJ)



www.AmidacareNY.org



RSVP Required. Please Call:
1.800.556.0689

Or 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