

# Workout Fitness Session



Wednesday,  
September 23  
6 - 7 p.m.

Fitness Session  
by Nakisha Smith  
@ AlwaysFit4Lyfe



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

OFFICE OF NEW YORK CITY COUNCIL MEMBER  
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★ ★ ★

*This event is FREE  
and open to the public.*

**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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