



# Healthy Meals For Life

You are invited to join Amida Care and BOOM!Health for an exciting, interactive cooking demonstration with Chef Tim, whose cuisine reigns supreme. **Come cook and eat some tasty, healthy dishes!**

**Saturday, May 19, 2018  
12 - 2 p.m.**

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

**This event is free and open to the public!**  
Snacks and giveaways while supplies last!  
Recipes will be provided.

**This Live Your Life community event is made possible with support from Bronx Council Member Ritchie Torres**



**Directions:**

**Train:** Take B or D train to Tremont Ave station. Transfer to Bx36 bus and get off at Webster Ave/East Tremont stop. Walk 4 blocks to destination.

**Bus:** Take Bx40 or Bx42 to East Tremont Ave/Washington Ave stop. Walk to destination. Or take Bx15 to 3rd Ave/East Tremont Ave stop. Walk to destination.



[www.AmidacareNY.org](http://www.AmidacareNY.org)



RSVP Required. Please Call:  
**1.800.556.0689**

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



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