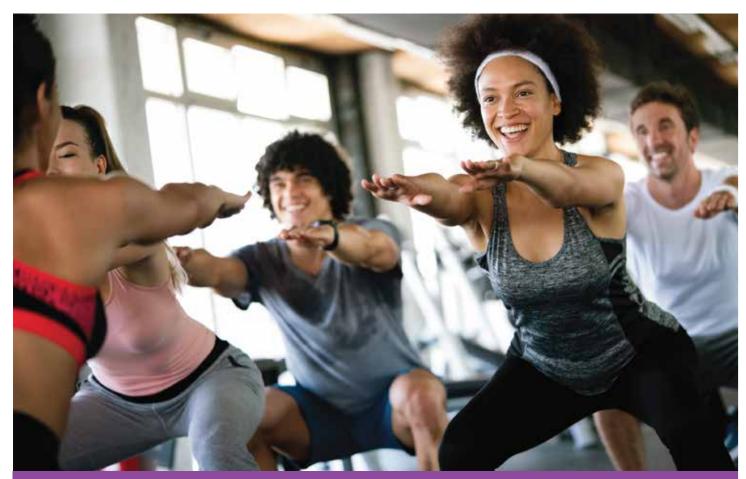
Workout Fitness Session



Wednesday, September 23 6-7 p.m. Fitness Session by Nakisha Smith @ AlwayzFit4Lyfe



ZOOM Webinar

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



This event is FREE and open to the public.



RSVP Required. Please Call: 1 200 556 0690

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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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

