



# Yoga Session

## Yoga Session by Dionne Monsanto

**Wednesday, October 7 • 6:30-7:30 p.m.**

### ZOOM Webinar

Join from a PC, Mac, iPad, iPhone or Android device @ [www.ZOOM.com](http://www.ZOOM.com)

Webinar ID: **936 2548 5807** Password: **665885**

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



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

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

**New York City Council Member  
Robert E. Cornegy Jr.**  
36<sup>th</sup> District, Brooklyn

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

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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