

RANDALL'S ISLAND SPRING WELLNESS SCHEDULE

TROUBLE SLEEPING?
HAVE A CHRONIC PAIN THAT WON'T GO AWAY?
JUST NEED TO UNWIND?

COME EXPERIENCE THE BENEFITS OF
MASSAGE, ACUPUNCTURE, & REFLEXOLOGY

Every Third Thursday
of the month
In the library
4pm-6:30pm

**Open to all Bureau of
Training Personnel, staff,
& off-duty FDNY members.
Complimentary Services, no
fees.

Please sign up for services by
Berta's desk outside



QUESTIONS? CONTACT LYNN WALKER
(212) 570-1693 x318
walkerly@fdny.nyc.gov

*This program is supported by
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from the American Red Cross
Liberty Disaster Relief Fund.*



Community Connections
A program for active FDNY members,
EMS personnel, their families, and staff.