

BRONX

# SPRING

into *Health Fair*

**WHEN**

**Saturday, April 14th**  
**10am – 4:30pm**

**WHERE**

**ASPIRA BEAM ONE BEACON**

**345 Brook Avenue, Bronx, New York 10454**

**Call Contact at 718-585-3353 for more information**

**or RSVP: [Bhernandez@nyaspira.org](mailto:Bhernandez@nyaspira.org)**

Spring Into Health Fair will engage, encourage, empower, and expose community residents to an array of holistic services. Participating Cornerstone sites will engage local community-based organizations and City agencies in each neighborhood.

Activities will focus on three topics: **awareness** and **education** (supplemental nutrition assistance, health insurance enrollment opportunities); **lifestyle information** (e.g., blood pressure, vision, dental screening); and **demonstrations** (e.g., yoga, Zumba, CPR).

**Principal Patricia Catania of**  
**MS 224**

**Principal Vincent Gassetto of**  
**MS 343**

**Principal Berena Carbacas of**  
**International Community**  
**High school**



**ZUMBA**



**Councilman-Rafael Salamanca Jr**