

Operation M.O.V.E
presents:

A Monthly **Veterans** Social

Including:

Guest Speakers

Exercise

Refreshments

Giveaways

Resources (Health, Mental, Finance...etc)

Games

Date: Friday, October 10, 2025

Topic: "Better Sleep Habits"

Location: 2044 Adam Clayton Powell

Blvd (corner of 122nd street)

Wheelchair and scooter Accessible

Time: Doors open at 11am, program
starts at 11:30am -12:30pm

Cost: FREE EVENT

Upcoming Dates:

10/24/25

11/7/25

11/21/25

12/5/25

12/19/25



NYC
Department of
Veterans' Services



To register call: 571-310-0261 or
email: mtm@movetomotivatellc.com