



New York State Assembly  
Albany, NY 12248

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# *Come Join Us For A Day Of Fun In The Sun!*



Melissa *"Missy"*  
**MILLER**  
ASSEMBLYWOMAN



# Bring your family to a beach day with Assemblywoman Melissa “Missy” Miller and the Village of Atlantic Beach!

Free  
event!

**When:** Thursday, July 19  
10:30 a.m. – 2:00 p.m.

**Where:** Genesee Beach/  
Arnie Levey Way  
(Entrance at Ocean Blvd. & Genesee Blvd.)

**What:** A day of fun in the sun,  
complete with lively music,  
delicious refreshments, and  
much more!

## Some of the activities include:

- **Thai Chi on the Beach** – Richelle Rapaport, RN, Certified Tai Chi Qigong Instructor  
10:30 a.m. - 11:15 a.m.  
A 45-minute interactive presentation on relaxation breathing, gentle movement, and other simple “self-health” activities to improve mood, immune response, and balance. Can be done seated or standing.
- **Yoga on the Beach** – Flor Villazan, Love Integration Yoga  
11:30 a.m. – 12:15 p.m.  
A 45-minute demonstration of Gentle Hatha Yoga, which is an introduction to yoga’s most basic poses.
- **Surfing 101** – Andrew Levey, Atlantic Beach native and lifelong surfer  
1:00 p.m. – 1:45 p.m.  
A 45-minute introduction to surfing to learn the basics such as how to hold the board, paddling, and looking for the right wave.

Melissa “Missy”  
**MILLER**  
ASSEMBLYWOMAN

For more information on this or any legislative matter,  
please contact Assemblywoman Miller’s district office at  
(516) 431-0500 or 2001 Park Street, Atlantic Beach, NY 11509

