



KEEP SAFE WHILE STAYING ACTIVE

A community outreach
program for seniors from



ASSEMBLYMAN
Ed Ra

Assemblyman Ed Ra is hosting an “Active Living Series”

Presented by Winthrop University Hospital

11:00 a.m. to Noon on the following **Wednesdays:**

October 7 **October 14**
October 21 **October 28**

Westbury Library 445 Jefferson Street, Westbury, NY

**REFRESHMENTS
WILL BE PROVIDED**

**THIS IS A
FREE
Event**

Join us for an interactive four-part series that will help you and your neighbors learn the importance of healthy living choices.

This program will focus on ways to manage day-to-day health & chronic conditions, as well as how to improve your well-being through a balanced diet and exercise.

Don't miss out on an opportunity to learn how to keep safe while staying active!

To register for the workshop or for more information on this or any state matter, contact Ed Ra at:

825 East Gate Blvd. • Suite 207 • Garden City, NY 11530

516-535-4095 • rae@assembly.state.ny.us

ED RA
NEW YORK STATE ASSEMBLY