



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Wellness Wednesdays!

Robert Charles Golden Community Outreach Center

191 Joralemon Street, Brooklyn, NY 11201

March is National Nutrition Month. Join us for information on healthy resources, tips and more.

March 9: (two sessions between 10:30 AM — 2 PM)

- Fun interactive workshop on portion sizes, reading nutritions labels and giveaways.
- Learn about the Supplemental Nutrition Assistance Program (SNAP benefits) and be screened for eligibility. **Space is limited.**
- To register: text your name and NUTRITION to Vicki at **347-831-3478**.

March 30: (two sessions between 10:30 AM — 2 PM)

- Interactive information on hearing with giveaways by **ClearCaptions**.
- **ClearCaptions** enables anyone with hearing loss to communicate easier with the most advanced free call captioning system available.
- To register: text your name and HEARING to Vicki at **347-831-3478**.

Visit **www.ccbq.org/liveitup** for more information.