



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Wellness Wednesdays!

Robert Charles Golden Community Outreach Center

191 Joralemon Street, Brooklyn, NY 11201

Join us for **FREE** information on healthy resources, tips and more.

May 4: Session 1 at 10:30 AM, Session 2 at 2 PM

Make sure you're ready for any disaster that may strike. Join us for an emergency preparedness presentation by NY Ready. Blood pressure screenings will also be available.

To register: text your name and READY to Farrah at 929-409-5410.

May 18: 10:30 AM

May is National Mental Health Awareness Month. Learn about mental health issues and ways to cope with stress. Mental health and depression screenings will also be available.

To register: text your name and HEALTH to Farrah at 929-409-5410.

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