



**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.

June 1: 10:30 AM

Fun, interactive workshop on healthy snacks and a presentation by Empire BlueCross/BlueShield on ways to lower blood pressure. Win raffle prizes!

9:30 AM — 11:30 AM:

**On-site COVID vaccinations, boosters and testing
(Bring your vaccination and insurance cards. No co-pay.)**

To register: text your name and SNACK to Vicki at 347-831-3478.

June 15: Session 1 at 10:30 AM, Session 2 at 2 PM

Lively interactive session on factors affecting heart health, including sodium intake, cholesterol, fats and physical activity, featuring raffle prizes and more!

To register: text your name and HEART to Vicki at 347-831-3478.

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