



**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.

**July 6: 2 PM**

***Cyber Security and Fraud Protection: Presented by JP Morgan Chase Bank***

Learn methods, efforts, and tools to protect digital data, networks, and devices from unauthorized access, criminal attacks, or even damage. Blood pressure screenings will also be available.

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

**July 20: Session 1 at 10:30 AM, Session 2 at 2 PM**

***Cooking Safely for Your Family: Presented by NYC DOHMH-Adult  
Lead Poisoning Prevention Program***

Learn tips about keeping lead out of your kitchen, identify products used for cooking that might be contaminated with lead and other resources to prevent lead poisoning for you and your family. Blood pressure screenings will also be available.

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

Visit [www.ccbq.org/liveitup](http://www.ccbq.org/liveitup) for more information.