



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.

September 7: Session 1 at 10:30 AM, Session 2 at 2 PM

Streetwise Pedestrian Safety Workshop for Older Adults by NYC

Department of Transportation (DOT) Office of Safety Education and Outreach

This workshop is especially important because New Yorkers over the age of 65 account for up to 50% of the city's pedestrian fatalities. This workshop will help them to understand dangerous driving behaviors and other traffic risks; also the safety tips and best practices can help them to cross NYC streets more safely.

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

September 21: 2 PM

Savings and Budgeting by Chase Bank

Learn how to identify goals and build a budget to save for what's important to you on your financial journey.

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

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