



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.

October 5: Session 1 at 10:30 AM, Session 2 at 2 PM

Brain Food

Did you know that the foods you eat can also affect the way your brain functions? While we've always known that what we eat affects our bodies, scientists are learning that it can also take a toll on our brains. Join us for an interactive workshop to learn tips on how to keep our brains healthy and nourished!

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

October 19: Session 1 at 10:30 AM, Session 2 at 2 PM

Breast Cancer Awareness: Presented by Mount Sinai Hospital

The presentation will include information and data about breast cancer, explain what a mammogram is, as well as debunk some common misunderstandings of the disease.

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

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