



HEALTH AND WELLNESS WORKSHOP

Step Up for Better Living will be hosting a HEALTH AND WELLNESS WORKSHOP. Presented by WellCare. There will be healthy snacks and give-a-ways. The discussions will be fun filled and centered around designing a healthy lifestyle that will enrich your lives. Please come out and join us. Call to reserve a seat.



STEP UP FOR
BETTER LIVING
"Believing People Matter"



We can *only* accommodate 50 participants.

Must bring flyer to be admitted

At the end of the workshop *all* participants will be given a Western Beef \$25 gift certificate.

DATE: 11-8-2016
TIME: 10AM-12PM

LOCATION:

941 Hoe Ave.,
Bronx, NY 10459

Please contact:

T. Waters
(718) 475-4226

A. Thomas
(718) 475-4227