

New Lots Health & Wellness Fair



Thursday December 5, 2019

10:00 AM – 2:00 PM – FREE

New Lots Library Community Room

665 New Lots Avenue, Brooklyn, NY 11207 – (718) 257-0260



The *New Lots Adult Learning Center* and *New Lots Library Branch* have partnered with *Emblem Health, BMS Family Health & Wellness Centers, and New York Psychotherapy and Counseling Center* to bring our community a series of Health & Wellness Workshops.

Join Us for FREE Workshops On:

Meditation & Breathing – Depression –
Substance Abuse – Stress Management



Our Partners:



EmblemHealth®



Brooklyn Public Library Adult Learning Centers provide free innovative educational programs for adult learners and speakers of other languages. Through books, technology and interactive small group instruction taught by professional and friendly instructors and tutors, adults build the skills needed to meet their personal, educational and employment goals. Programs and classes are available mornings, afternoons, evenings and weekends. Contact us for more information at HSE@bklynlibrary.org and bklynlibrary.org



NEW LOTS

Adult Learning

