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# KEEP SAFE WHILE STAYING ACTIVE

A community outreach  
program for seniors from



**ASSEMBLYMAN**  
**Ed Ra**

# Assemblyman Ed Ra is hosting an “Active Living Series”

Presented by Winthrop University Hospital  
**11:00 a.m. to Noon** on the following **Wednesdays:**

- September 6** - Risks & Tips: Fall Prevention
- September 13** - Introduction to Tai Chi
- September 20** - Using Mindfulness to Reduce Stress
- September 27** - Nutrition for Seniors

**REFRESHMENTS  
WILL BE PROVIDED**

**THIS IS A  
FREE  
Event**

Join us for an interactive four-part series that will help you and your neighbors learn the importance of healthy living choices.

This program will focus on ways to manage day-to-day health & chronic conditions, as well as how to improve your well-being through a balanced diet and exercise.

Don't miss out on an opportunity to learn how to keep safe while staying active!

To register for the workshop or for more information on this or any state matter, contact Ed Ra at:  
**825 East Gate Blvd. • Suite 207 • Garden City, NY 11530**  
**516-535-4095 • [rae@nyassembly.gov](mailto:rae@nyassembly.gov)**



**ED RA**  
ASSEMBLYMAN