



# HEALTHY NUTRITION

## OVERVIEW

- +Reduce weight
- +Reduce cholesterol
- +Boost energy
- +Strengthen immune
- +Improve skin
- +Think clearer

Healthy Recipes will be demonstrated each week and free samples will be available!

Are you ready for a journey of total body and mind transformation? Join us every Monday for a groundbreaking group session: "12 Steps to Total Body and Mind Transformation."

**STARTS MONDAY, MAY 6TH**  
**ENDS MONDAY JULY 29TH**  
**TIME: 12:00 PM - 1:00PM**



**Location: TWU Union Hall 3rd FL**  
**195 Montague Street**  
**Brooklyn, Ny 11201**  
**(212)-873-6000**





SUNDAY

11

AUGUST

JOIN TWU LOCAL 100 AT THE

# DOMINICAN DAY PARADE



Scan the QR code with  
your phone to register

Assembly Time And Location Tbd. \*Limited Number Of Attendees



# Join the Retirees Association For a Delightful Day Cruise And Shopping Spree On the 'Spirit of New York'

**Hold  
the  
Date**

## Sept. 12, 2024

**Leaves from Chelsea Piers  
W. 23rd St. & Hudson River**

**Boarding Time: 11:30am**

## Trip Includes

- ✓ Bus pickup (location TBD) 9:15am
- ✓ Leisurely Cruise in NYHarbor
- ✓ 2-Hour Luncheon buffet
- ✓ Shop at Jersey Gardens Outlets
- ✓ Back to NYC by 7:30pm

Check the Retirees website as we get  
closer to date: [www.twulocal100retirees.org](http://www.twulocal100retirees.org)

**RAIN OR SHINE • NO REFUNDS**

**COST: \$150 per person**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_

Number of People \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Send Deposit of \$50 per person due July 1, 2024

Final Payment Due August 1st to:

TWU Local 100 Retirees Association

195 Montague St. (3rd Floor) Brooklyn, NY 11201

Call 212-873-6000 x2077 for more info





# JOIN TWU LOCAL 100 RETIREES TO THE EASTERN CARIBBEAN

## 9 Nights From Only \$1,044.73<sup>pp</sup>



copyright Carnival Cruise Lines

### JUNE 9, 2025

Date	Port	Arrive	Depart
Jun 9	Manhattan (NYC), New York - board <i>Carnival Venezia</i> ®		4pm
10	Fun Day at Sea	~	~
11	Fun Day at Sea	~	~
12	Fun Day at Sea	~	~
13	St. Thomas, USVI	9am	6pm
14	San Juan, Puerto Rico	7am	3pm
15	Grand Turk	9 <sup>30</sup> am	5pm
16	Fun Day at Sea	~	~
17	Fun Day at Sea	~	~
18	Manhattan (NYC), New York	8am	

Reserve your cabin with only \$275 per person.  
(Deposit due at time of booking.)



**Note: You must book with All Aboard Travel  
to dine with the group.**

Featuring: \$25 per stateroom  
shipboard credit!

#### For Information Contact:

**Shalena Lindsey**  
212.873.6000 xt 2077  
email: slindsey@twulocal100.org

#### For Reservations Call:

**Donna Bates**

Direct Dial: **646.738.8470**  
e-mail: dbates@allaboardtravel.com

#### Departure Date 06/09/25

<b>Balcony</b>	
Category 8E (balcony)	\$1,554.73 <sup>pp</sup>
Category 8D (balcony)	\$1,534.73 <sup>pp</sup>
Category 8B (balcony)	\$1,504.73 <sup>pp</sup>
Category 8A (balcony)	\$1,494.73 <sup>pp</sup>
Category 7C (cove balcony)	\$1,404.73 <sup>pp</sup>

<b>OceanView</b>	
Category 6L	\$1,284.73 <sup>pp</sup>

<b>Inside</b>	
Category 4E	\$1,094.73 <sup>pp</sup>
Category 4D	\$1,084.73 <sup>pp</sup>
Category 4B	\$1,054.73 <sup>pp</sup>
Category 4A	\$1,044.73 <sup>pp</sup>

**All Package taxes & fees Included**  
(These include applicable non-air related government, transfer & departure taxes & any fees)

Trip Protection Coverage available	ask for details
PrePaid Gratuities (except suites) (subject to change)	\$144pp
CHEERS! Beverage Program available	ask for price
Document Concierge Service add-on	\$20pp

**allaboardtravel**  
A TRAVEL LEADERS VACATION CENTER

**646.738.8470**  
**AllAboardTravel.com**



Prices are per person USD. All prices include applicable non air related, cruise, government, hotel & departure taxes and fees and are plus any applicable cruise line fuel surcharges. (All cruise lines reserve the right to reinstate a per person fuel surcharge at any time). Prices are subject to change without notice and are based upon availability. Penalties apply per Cancellation Policy listed on back of flyer. Cruise itineraries are subject to change without notice. We reserve the right to correct any errors. For complete terms & conditions, please refer to your invoice. FLST#41102