



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





**FREE
SESSION**

Yogatation Class

Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn some techniques that you can apply anytime you want a healthy break during your busy day.

No equipment necessary!

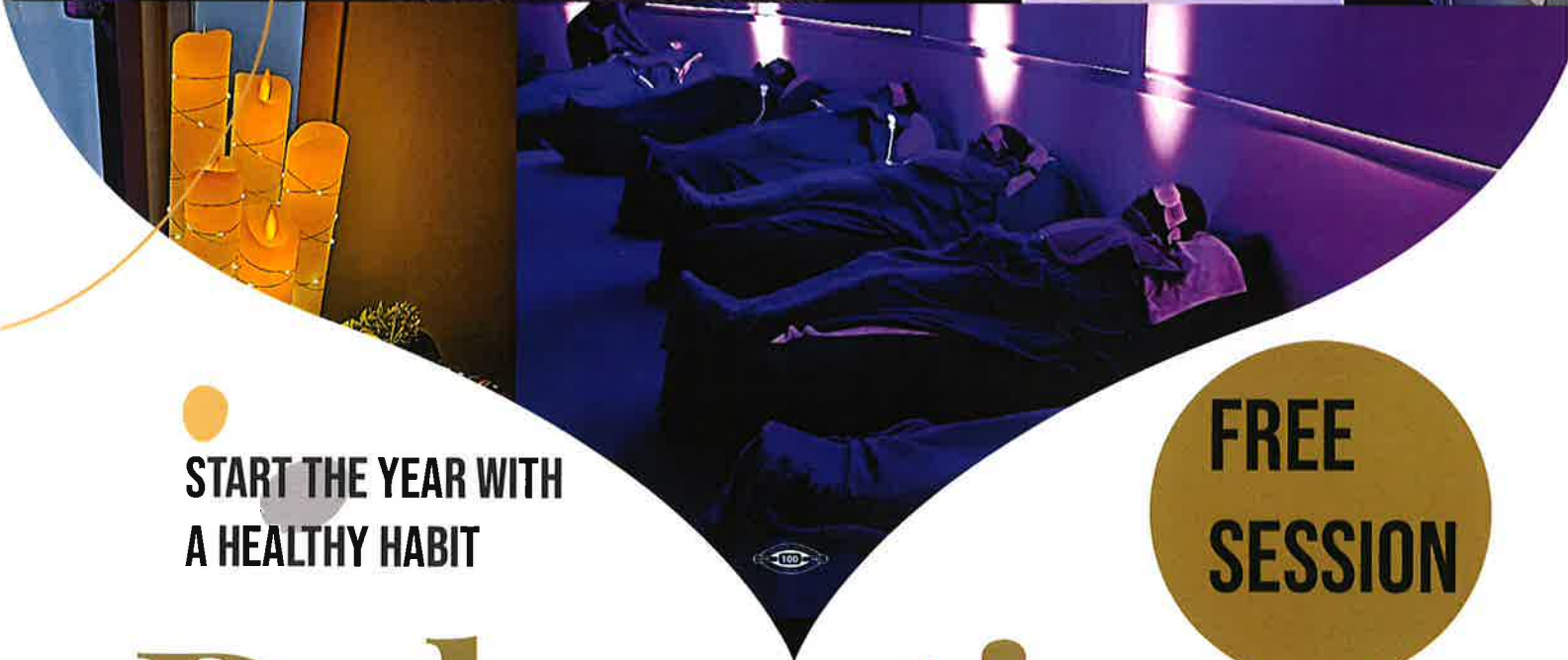
Dates:
Friday, April 26th
Friday, May 3rd
Friday, May 10th
Friday, May 24th
Friday, May 31st,
Friday, June 7th

Dates:
Friday, June 21st
Friday, June 28th
Friday, July 5th
Friday, July 19th
Friday, July 26th

Times: 2:00pm - 4:00pm
1st Session: 2:00pm
2nd Session: 3:00pm



Location:
TWU Local 100 Union Hall
195 Montague St. Brooklyn
NY 11201 3FL



**START THE YEAR WITH
A HEALTHY HABIT**

**FREE
SESSION**

Relaxation *Pods*

Experience a one-of-a-kind relaxation and rejuvenation experience with guided relaxation, breathing and aromatherapy as part of our unique ambiance.

Dates:

Friday, May 17th

Friday, June 14th

Friday, July 12th

Times: 2PM - 4PM

**(sessions are scheduled
every 30 minutes)**



**Location: TWU Local 100 Union Hall
195 Montague St.
Brooklyn NY 11201 3FL**

**WIN
PRIZES**

Registration is required.
Sign up by using your phone
camera to scan the QR code.



BASKETBALL

KID'S ZONE

CONEY ISLAND

FACE PAINTING

TWU Local 100 **FAMILY DAY**

**Maimonides
P A R K**

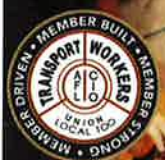
LIVE PERFORMANCES, UNION SOFT BALL, DUNK TANK

SATURDAY JUNE 1ST | 11AM-5PM

BOUNCY HOUSES

AXE THROWING, VIDEO GAME STATION, AND MORE!

VIRTUAL REALITY



**FREE
FOOD &
SNACKS**