



NEW YORK STATE SENATOR

Malcolm Smith

## Cycle With the Senator Saturdays in August

MALCOLM A. SMITH August 5, 2014



Join State Senator Malcolm A. Smith (D-Hollis) every **Saturday in August for Cycle with the Senator**, a program aimed at promoting exercise and good health.

Senator Smith will also be demonstrating the importance of bike safety, wearing a helmet and posing for photos with constituents. He encourages those who snap pix with him to post them to social media, setting an example for others to "move" on the path to good health.

Above, Senator Smith poses for a selfie with members of the Alpha Kappa Alpha Sorority and WBLS radio personality Dr. Bob Lee.

Cycle With the Senator is part of **Southeast Queens Mind, Body and Soul-Food Saturdays** sponsored by the Rev. Phil Craig and the Greater Springfield Community Church. Mind, Body and Soul-Food is a schedule of events every Saturday morning beginning with prayer, followed by an open food pantry and two forms of physical exercise **all at no cost.**

The schedule of events is below and will be held at the **Greater Springfield Community Church** at 177-06 129th Ave Jamaica, New York, 11434

8:30 A.M. - 9:00 A.M. - **30-MINUTE POWER-UP PRAYER SERVICE**

9:00 A.M. - 10:00 A.M - **FOOD PANTRY** (Please bring your own bags or shopping carts for food items).

9:00 A.M. - 10:00 A.M - **CYCLING WITH THE SENATOR** (Join Sen. Malcolm Smith with your Bicycles and helmets for a 30-45 min bike ride leaving immediately after the Power-Up Prayer Service).

10:00 A.M. - 11:00 A.M - **ZUMBA CLASS** (Outdoors when weather permits) by LaDonna Cunningham. Enjoy this phenomenal work out exercise that is geared for all ages. Please be sure to wear hats(for sun), and comfortable work out wear as you dance to a better you.