



NEW YORK STATE SENATOR

Eric Adams

## FREE and Open to the Community---30 Day Healthy Infusion Program

ERIC ADAMS July 30, 2013

# INFUSION Program



- Healthy eating
- Stress and Lifestyle Management
- Emotional Well-being

**30-Day Comprehensive  
Wellness Program**

**EVERY FRIDAY IN AUGUST  
August 2, 9, 16, 23, 30**