



**Senator Leroy Comrie &  
the Healthcare Education Project**

with Elizabeth Madison, RD  
present a free community

# Health & Fitness Challenge

All are invited to join our  
community-wide, 3-month health  
and fitness challenge sponsored by  
the Healthcare Education Project!

- Healthy Eating
- Exercise
- Motivation
- Free Giveaways
- Daily Inspiration
- Meal Plans
- Weigh-ins
- And more!

**Queens Library at Cambria Heights  
218-13 Linden Blvd., Cambria Heights, NY**

**Launch Party on Sat., Jan. 26th | Registration begins at 2:30 PM**

**Sat., Feb. 2nd | 2:30 PM**

**Sat., Feb. 23rd | 2:30 PM**

**Sat., Mar. 9th | 2:30 PM**

**Sat., Mar. 23rd | 2:30 PM**

**Sat., Apr. 13th | 2:30 PM**

**Sat., Apr. 27th | 2:30 PM**

**Award Ceremony on Sat., May 18th | 2:30 PM - 4 PM**

For more information or to RSVP,  
please call Senator Comrie's Office  
**(718) 765-6359**

