

Learn About Access to Free Medications*

Meet the Experts at this Healthy Living Forum

*This program is primarily designed for people ages 18 to 64 who have limited or no prescription coverage. No citizenship required.

Shorefront YM-YWHA of Brighton-Manhattan Beach, Inc.
3300 Coney Island Avenue
Brooklyn, NY 11235

Subway Directions:

Q or B train to Brighton Beach

Bus Directions:

B1 or B68 to Brighton Beach & Coney Island Avenue



THURSDAY, DECEMBER 9TH, 2010 FROM 06:00 PM TO 08:30 PM

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| 06:00 PM | Registration. HEALTHY MEAL PROVIDED. Visit community tables/booths. |
| 06:30-06:40 | Introduction and Welcome Address (Alexey Salamakha, Global Healthy Living Foundation) |
| 06:40-07:10 | Importance of a Healthy Heart (Physician, General Practitioner) |
| 07:10-07:40 | Healthy Eating for Healthy Living (Registered Dietitian) |
| 07:40- 08:00 | Helping Uninsured People Get Access to Medications (Alexey Salamakha, Global Healthy Living Foundation) |
| 08:00-08:20 | Healthy Attitudes for Healthy Living (Health Psychologist) |
| 08:20-08:30 | Reflections and Farewell. Gift Bags Distributed. |

**THE EVENT WILL BE HELD IN RUSSIAN • OPEN TO THE PUBLIC
PROGRAM ELIGIBILITY IS NOT DEPENDENT UPON CITIZENSHIP OR EMPLOYMENT STATUS
FREE HEALTHY DINNER FOR THE PARTICIPANTS**

To register please RSVP 718-247-9379 (RSVP line) or visit www.ghlf.org

For more information please call Shorefront YM-YWHA (718) 646 1444 ext. 359

Free transportation is available for parties of 10 or more. Email freeride@ghlf.org



**GLOBAL HEALTHY LIVING
FOUNDATION**

R·A·H·C
RUSSIAN AMERICAN
HEALTH COALITION

SHOREFRONT
YM-YWHA OF BRIGHTON - MANHATTAN BEACH, INC.



Filling a need for prescription assistance.

Presented by the Global Healthy Living Foundation in partnership with Russian-American Health Coalition and Shorefront YM-YWHA of Brighton-Manhattan Beach, Inc.
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