



St. George's Episcopal Church

800 Marcy Avenue, Brooklyn, NY 11216

is Inviting you to:

# Mental Health First Aid

A Free Certification Course

February 29th, 9am-5pm

St. George's Episcopal Church

800 Marcy Avenue

New York, NY 10027

WE ARE CALLING ON STRONG PEOPLE  
WHO WANT TO BE THEIR BROTHERS  
AND SISTERS KEEPERS.



Register online at:

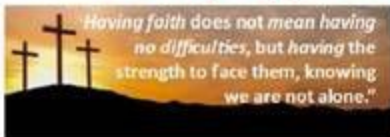
<https://StGeorgesChurch.timetap.com>

BRING A FRIEND

**THRIVE**  
NYC

This free eight hour course will help you to:

- Identify signs and symptoms of anxiety, depression and other mental illnesses.
- Learn how to respond if you see these signs in your friends and loved ones.
- Receive a **Nationally Recognized certification valid for 3 years!**



*Sponsored by the St. Luke's Guild*



Join Us!

# FREE HEART HEALTH EDUCATION CLASSES

**Location:** 1927 Fulton St, Brooklyn, 11233

**Date:** February 6, 2020

**Time:** 6:00 – 8:00 pm

If you would like to sign up or find out more please

**Contact :** Clay Johnson 347-623-8530 or  
Bettinna Pringle 347-834-3568

## Focused on :

- ♥ Losing Weight
- ♥ Increasing Physical Activity
- ♥ Healthy Eating
- ♥ The Effects of Stress on your Health
- ♥ Better Blood Pressure Control

Cornell Center  
for Health Equity

This training is presented to you in collaboration with The Cornell Health Education and Research Program

