

**Bronx  
Week  
2016**  
ilovethebronx.com

**BRONX BOROUGH PRESIDENT  
RUBEN DIAZ JR.**

presents

*Workouts*

- 8 AM Soccer Training with  
New York City Football Club
- 10 AM Yoga
- 11AM Tai-Chi
- 12 PM Circuit Training
- 1 PM Yoga

*No Registration Required*

**CLIMBING**  
*Wall*

**HEALTH  
SCREENINGS**  
*By MICHC & UCHC*

**WORKSITE  
WELLNESS**  
*By Bronx REACH CHAMPS*

**COOKING  
DEMOS**



#NOT62  
**HEALTH DAY**

**MAY 13, 2016**

**7:00 AM -3:00 PM**

**FORDHAM  
PLAZA**

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