

There is help, there is hope, you are not alone.



**Raffles &
Giveaways!**

Live DJ!
Frankie J of
Crowd Control
Entertainment

April 10th at 7pm
\$15/Per Person
Tickets sold at the door

Rise Above Fitness
144 Cherry Valley Ave.
West Hempstead NY

Come dance, step & shake for 90 minutes

zumbathon[®]



MAKE EVERY MOVE COUNT

CHARITY EVENT

Benefiting Postpartum Resource
Center of New York Inc.

For more information & important resources, please visit postpartumny.org