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# LifeZone1010

## COMMUNITY EMPOWERMENT PROGRAM

**Powerful Life  
Changing Classes and  
Exciting Recreation**

**Andries Hudde JHS  
2500 Nostrand Avenue  
Brooklyn, NY 11210  
Sundays 10:30am - 3pm**

**Topics Include:**

- Effective Mentoring
- Cooking
- Buying a Car
- Caregiver Essentials
- Raising Respectful & Productive Boys & Girls
- Music Basics
- Employment Strategies & Successes
- Banking & Savings
- Overcoming Obstacles from Sickness to Health
- And Much, Much, More!!!



**Free  
Refreshments  
&  
Community  
Building**



**For more information contact:**

**Mr. Otha J. Tindley, Sr., 516-451-9905**

**Ms. Michelle Hobby, 347-592-3073**



**Email us at - [LifeZone1010@gmail.com](mailto:LifeZone1010@gmail.com)**