At Brookdale Hospital

Dear Friends,

Summer has finally arrived, after a long winter and a short spring. Flowers are blooming, vegetables are growing and it's a great time to get outside and be active. Running, walking or yoga in the park are all great ways to get the season off to a great start.

The Live Light Live Right Program is moving forward and is getting ready for our summer camp programs. We are very excited for our Kids Ride Club to start up again this summer. The children will be able to explore many new places on their bikes. We are partnering with with CAMBA and The Fresh Air Fund for our Summer Camp and it will be another fun summer for the Live Light Live Right children. It's also an exciting and busy time for us with many summer festivals and fairs that we are participating in, so try to stop by and see us.

As with any new programs, there will be new expenses and all donations are always appreciated. To make a donation, to support a child for summer camp or any of our other programs you can do so through our website. Thank you in advance for your support.

If you are interested in supporting our program or partnering with us. Please contact us at (718) 240-8125.

Yours truly,

Dr. Sarita Dhuper
Live Light is out in the Community

Live Light Live Right will be busy this summer attending health fairs, festivals and summertime events that are supporting health and wellness. Take a look at our calendar and see where we are. Stop by and say hello.

2015 Summer Camp

It's already summer. There is still time to sign up for our summer camp programs. If you are a previous participant you can sign up.

If you are interested in any of these programs contact us at 718-240-8125.

Exciting News for the PATH Program

We were just approved for...

Live Light Live Right’s Feature Food: Chia Seeds

Summer Clean Your Diet

What Is Chia?
Chia is an edible seed that comes from the desert plant Salvia Hispanic. “Chia” means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster.

Are they Healthy?
Chia seeds are a concentrated food containing...

Participant of The Month:

Denville Adams

Denville Adams is a 12 years old male, who joined Live Light Live Right (LLLR) in August 2013. He has shown tremendous progress in the program. Through hard work and diligence he has decreased his
a grant from The National Institute on Minority Health and Health Disparities (NIMHD) at NIH to support our project titled: “Efficacy and sustainability evaluation of PATH, a childhood obesity program.” This will be done in collaboration with the School of Public Health at SUNY Downstate Medical center.

Learn More

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**Nutrition Corner**

**Summer Clean Your Diet**

Summer has arrived, and with longer days and warmer weather comes a new crop of fresh produce. It is a good time to "summer clean" your diet and start introducing the summertime fruits and veggies that incorporate the jewels of summer. If you are tired of apples, bananas and root vegetables, there...

Learn More

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**Contact Us**

Clinic Appointments: 718-240-8125
Information about the Program
info@livelight.org