



# Stress Free Saturdays for D75 Families

In Collaboration with  
Bronx Borough President Vanessa L. Gibson  
Join Us for A Day of Rejuvenation and Reconnection

**December 20, 2025**

**10am-3pm**

**1434 Longfellow Avenue  
Bronx, NY 10459**

*Mini Massages  
Wellness Drinks  
Guided Breathing  
Yoga Practice  
and more...*

*Prepare Healthy Meals  
1-on-1 Wellness Sessions  
Healthy Food Giveaways  
Crafting  
Raffles*

**STUDENTS AND FAMILIES ARE WELCOME TO JOIN THE FUN!**

**REGISTER NOW**



**TRAVEL DIRECTIONS**



Travel directions:

6 Train to Whitlock or  
2/5 Train to Freeman



**YAFFA**  
Cultural Arts Inc.  
Inspiration · Education · Entertainment · Arts 4 Life

**BraceLife Fitness**

**BGI**



*Lunch will be provided for all who attend.*

*Metro-cards will be provided to participating students and families.*