

Healthy Living

ACUPUNCTURE

WANT TO RELAX?

REDUCE PAIN?



FIND A CALM
MOMENT IN THE MIDST
OF YOUR
BUSY SCHEDULE

Spring Schedule

Staten Island CSU (718-815-4111)

1688 Victory Blvd, Ste 101: Tu 4-6 & Thu 4-6pm

Thursdays in May hours are 11:30am-1:30pm (special schedule!)

Middletown CSU (845-695-1029)

2279 Goshen Tpke: Wed 1-4pm

Ft. Totten CSU (718-352-2140)

Ft. T. Bldg. 413B, Bayside: Mon 10:30am-1pm & 3-5pm

Fri, 9:00am-11:30am (NEW HOURS!)

Brentwood CSU (631-851-6888) Center Cottage, Suffolk

County Community College, Crooked Hill Road: Mon 5-7pm

Wed 11am-1pm

Manhattan CSU (212-570-1693)

251 Lafayette St. Thu 11am-12:30pm



Questions? Call Jessica Metz at 212-570-1693 x 380 Or Email metzj@fdny.nyc.org

Free for FDNY active and retired members



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COUNSELING
SERVICE UNIT
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