



NEW YORK STATE SENATOR

Andrew Gounardes

Senator Andrew Gounardes Announces Wellness Weekend Events in Southern Brooklyn

[Andrew Gounardes](#)

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Brooklyn, NY -- Senator Andrew Gounardes has announced a series of events for Wellness Week during the week of June 21st to promote the health and well-being of community members across southern Brooklyn. The week's events will feature yoga classes, hikes, botanical garden tours, and more. All of these events are free and open to the public, with some being virtual and some in-person. The events and details can be found below:

- **Family Yoga** - Marine Park, June 24 at 7pm
- **Hike in Salt Marsh or Walk on Gerritsen Beach** - Marine Park, June 26 at 10am

- **Tai Chi** - Seth Low Park - June 26 at 11am
- **Jiu Jitsu Self Defense** - Shore Road Park - June 27 at 10am
- **Tour of Narrows Botanical Gardens** - Shore Road Park at 71st St. - June 27 at 1pm
- **New York Road Runners** - virtual event, on-demand - schedule information can be found [here](#), Zoom link for all classes can be found [here](#)
- **Cooking Class** - virtual event, on-demand - link to event can be found [here](#)
- **Journaling Project** - ongoing, "The Good Vibes Project" - more information can be found [here](#)

"As we emerge from the pandemic, this summer is a great time to get out in southern Brooklyn and attend events centered around mental and physical wellbeing," **said Senator Andrew Gounardes**. "From Tai Chi to a hike in the Salt Marsh, we've put together a series of programs for the week to ensure our community members have resources to engage in active and healthy practices. I look forward to seeing our neighbors come out and take advantage of these activities so that we can all enjoy a summer filled with fitness and fun"

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