Bronx Neighborhood Health Action Centers
Calendar of Events | Fall 2017

All events are held at the Tremont Neighborhood Health Action Center unless otherwise indicated.

**FITNESS**

Zumba
Mondays | Noon to 1 p.m.

Yoga
Thursdays | 5 to 6 p.m.

**COUNSELING AND SUPPORT**

Violence Intervention Program
This free walk-in program aims to eliminate domestic and intimate partner violence. Join us if you or someone you know is in need of support and safety. The program is also available 24/7 at 1-800-664-5880.
Wednesdays | 9 a.m. to 5 p.m.

Project Liberation
Join a support group that focuses on personal development. Through life coaching, yoga, journaling and meditation, Project Liberation will help you on your journey to live your best life. Registration is required. Call 718-508-0618 or 718-508-0643 to register.
Tuesdays | 4 to 6 p.m.

**FAMILY WELLNESS**

Home Base
A homelessness prevention program that provides casework services and helps individuals and families connect with resources, such as job training, child care and anti-eviction legal services.
Tuesdays and Thursdays | 11 a.m. to 3 p.m.

Crib Distribution
Pack ’n Play cribs are provided to families that do not have a safe sleep surface for their babies (newborn to 6 months). An appointment is required to receive your Pack ’n Play. Call 718-508-0618 or 718-508-0643.
Wednesdays | 2 to 5 p.m.

Powerful Birth Club
Meet other moms-to-be and learn what to expect when giving birth and taking care of your newborn.
Registration is required. Call 718-508-0618 or 718-508-0643 to register.
Wednesdays | 11 a.m. to 1 p.m. (in English)
Thursdays | 11 a.m. to 1 p.m. (in Spanish)

**CLINICAL SERVICES**

The Health Center at Tremont NYC Health + Hospitals
Monday to Friday | 8:30 a.m. to 5 p.m.

**LOCATION**

Tremont Neighborhood Health Action Center
1826 Arthur Ave., Bronx, NY 10457

For more information
Call: 718-508-0618 or 718-508-0643
Text: 646-531-8660

**ABOUT US**

The District Public Health Offices are now the Neighborhood Health Action Centers providing health and wellness services in Tremont. The Action Centers are part of New York City’s effort to promote health equity and reduce health disparities at the neighborhood level.