

Tremont Neighborhood Health Action Center Calendar of Events | July 2022



Family Wellness

Crib and Car Seat Distribution

Families can get an infant car seat or safe sleep surface for their infant, if they need one.

To register, call 718-508-0629.

Wednesdays | 2 to 5 p.m.

Virtual Baby Café

This virtual support group is for people who are breastfeeding. Trained professionals will:

- Provide practical breastfeeding support, such as help with latching and breast milk supply.
- Answer questions from participants.
- Discuss topics such as how to prevent plugged ducts and mastitis, how to position your baby when latching and how to overcome relactation, oversupply and overactive letdown.

To register, visit bit.ly/BabyCafeBx.

Thursdays | 11 a.m. to noon | English

Thursdays | 1 to 2 p.m. | Spanish

Diabetes Workshops

Take Control NYC: Free Diabetes Workshops

This in person workshop will teach participants about diabetes and ways to manage their health.

To register, visit bit.ly/DiabetesWorkshopsBX, email hchumpa@health.nyc.gov, or call 718-508-0609.

Mondays | 2:30 to 4:30 p.m.

Action Center Resources

Referrals and Community Resources

For help getting referrals to neighborhood resources such as insurance enrollment and community resources, contact 347-563-3584 or rsmith18@health.nyc.gov.

Face Mask and Hand Sanitizer Distribution

Free KN95 masks, disposable masks for children and adults, hand sanitizer, and more will be available for community residents and organizations.

For more information, community residents can contact 646-939-0139 or rsierra@health.nyc.gov, and community organizations can contact 646-941-9754 or lpaulino2@health.nyc.gov.

Sexual Health Intervention

This group provides educational sexual health videos for young women (assigned female at birth) ages 16 to 19. Participants will receive a free gift for completing the video.

To register, visit bit.ly/SexualHealthBX.

Thursdays | 3:30 to 4:30 p.m.

Walk to the Park Group Activity

This local walk group aims to support physical activity among residents who live in the Bronx. Free Health Bucks will be provided to participants. For more information, email bronxactioncenter@health.nyc.gov, call 718-508-0662 or text 646-939-0139.

Meeting location: Tremont Public Library.

1866 Washington Ave., Bronx, NY 10457.

Tuesdays, starting July 12 | 10 a.m.

About Us

The Neighborhood Health Action Centers provide health and wellness services in Tremont, as part of New York City's effort to promote health equity.

Location

Tremont Neighborhood Health Action Center

1826 Arthur Ave., Bronx, NY 10457

For more information, call 718-508-0662 or 718-508-0629, or text 646-939-0139.



Most classes are in English, but if language services are needed, contact us at least 72 hours before the class.