Due to the COVID-19 public health emergency, all services and activities listed below will be held virtually unless otherwise indicated.

**CLINICAL SERVICES**

The Health Center at Tremont NYC Health + Hospitals
NYC Health + Hospitals provides care to patients regardless of their immigration status, ability to pay or insurance status. An appointment is recommended.

To make an appointment, call the Health Center at Tremont NYC Health + Hospitals at 646-815-9700. Monday to Friday | 8:30 a.m. to 5 p.m.

**AND MORE!**

NYC Test & Trace Corps Webinar
This webinar will cover how to access COVID-19 testing and services to safely separate from others at home or in hotels to prevent the spread of COVID-19.

To register, email bronxactioncenter@health.nyc.gov.

Tuesdays | 9:30 to 10:30 a.m.
Thursdays | 5 to 6 p.m.

The webinar will be held in Spanish on Tuesday, Sep. 8, from 9:30 to 10:30 a.m., and Thursday, Sep. 24, from 5 to 6 p.m.

Postpartum Care Virtual Workshop
This virtual class will teach new parents how to care for themselves physically, mentally and emotionally after their baby’s arrival.

To register, visit bit.ly/PostPartumCare.

Thursday, Sep. 24 | 11 a.m. to 12:30 p.m.

**ABOUT US**

The Neighborhood Health Action Center provides 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, text 646-531-8660.

Most classes are in English, but if language services are needed, contact us at least 48 hours before the class.