



## Move to *improve*

Healthy body, heart and mind are just a few benefits of being active. We can help you **move to improve** your health, manage chronic disease, and fight obesity. Start by visiting an **HHC Take Care New York** education and screening event to:

- Have fun at an exercise class
- Get a free pedometer
- Win a guest-pass to a popular fitness center
- Get a flu shot
- Enjoy a healthy cooking demonstration
- Get tips to manage diabetes and learn more about cancer prevention
- Get screened for high blood pressure, asthma, HIV or depression at little or no cost\*

Need a great health plan? Talk to a MetroPlus representative at one of our events.

\*All screening tests are available at little or no cost. If you have insurance, your insurance will be billed. You will be responsible for co-payments.

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## Visit these education and screening events:

### Bronx

**Jacobi Medical Center**  
1400 Pelham Parkway South  
Tuesdays in October  
10am – 4pm

**Lincoln Medical Center**  
234 East 149th Street  
Conference Rooms 3, 4 & 5  
Tuesdays in October  
9am – 3pm

**Morrisania Diagnostic & Treatment Center**  
1225 Gerard Avenue  
Thursdays in October  
10am – 3pm

**North Central Bronx Hospital**  
3424 Kossuth Avenue  
(Mosholu Park)  
Wednesdays in October  
10am – 4pm

**Segundo Ruiz Belvis Diagnostic & Treatment Center**  
545 East 142nd Street  
October 7, 11am – 4pm

### Brooklyn

**Coney Island Hospital**  
2601 Ocean Parkway  
October 15  
12pm – 2pm

**Cumberland Diagnostic & Treatment Center**  
100 North Portland Avenue  
October 22  
10am – 12pm

**Kings County Hospital Center**  
541 Clarkson Avenue  
E-Building Lobby, 1st Floor  
Thursdays in October  
10:30am – 2pm

**Woodhull Medical Center**  
760 Broadway  
(0 Block/C Corridor)  
October 21  
10am – 2pm

### Queens

**Elmhurst Hospital Center**  
79-01 Broadway  
Elmhurst  
Tuesdays in October  
1pm – 4pm

**Queens Hospital Center**  
82-68 164th Street  
Jamaica  
October 16  
11am – 4pm

### Manhattan

**Bellevue Hospital Center**  
462 First Avenue (27th Street)  
October 16  
10am – 3pm

**Gouverneur Health**  
540 East 13th Street  
Roberto Clemente Center  
October 17, 10:30am – 12:30pm  
October 31, 11am – 1pm

**Harlem Hospital Center**  
46 West 137th Street  
Ronald Brown Building  
October 1 & 15  
10am – 3pm

**Central Harlem Senior Center @ Kennedy Center**  
34 West 134th Street  
(Malcolm X Blvd)  
October 8  
10am – 12:30pm

**Hamilton Grange Senior Center @ Convent Ave. Baptist Church**  
420 West 145th Street  
October 22  
11am – 2pm

**Harlem Hospital Center**  
506 Lenox Avenue  
Martin Luther King Pavilion  
October 29  
10am – 3pm

**Metropolitan Hospital Center**  
1901 First Avenue  
October 10 & 21  
10am – 2pm

**Eddie's Hair Salon**  
1604 Madison Avenue  
October 24  
11am – 3pm

### Staten Island

**Mariner's Harbor Family Health Center**  
Forest Plaza Shopping Center  
2040 Forest Avenue  
October 17  
10am – 3pm

**HHC Mobile Medical Office I**  
St. Paul's Methodist Church  
7558 Amboy Road  
October 14  
10am – 3pm

**Sea View Hospital Rehabilitation Center & Home**  
460 Brielle Avenue  
October 22  
12pm – 3pm

**Stapleton Family Health Center**  
111 Canal Street  
October 21  
10am – 3pm





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Bellevue • Belvis • Carter • Coler • Coney Island • Cumberland East New York • Elmhurst • Gouverneur • Harlem • Health & Home Care Jacobi • Kings County • Lincoln • Mariner's Harbor • McKinney MetroPlus • Metropolitan • Morrisania • North Central Bronx Queens • Renaissance • Sea View • Stapleton • Woodhull

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### Manhattan

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462 First Avenue  
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Martin Luther King Pavilion  
October 29, 10am – 3pm

#### Metropolitan Hospital Center

1901 First Avenue  
October 10 & 21, 10am – 2pm

#### Eddie's Hair Salon

1604 Madison Avenue  
October 24, 11am – 3pm

#### Henry J. Carter Specialty Hospital and Nursing Facility

1752 Park Avenue (121st Street)  
Arts & Culinary Room  
Healthy Cooking Demonstration  
October 15, 2pm – 3:30pm





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NYC Parks



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#### Brooklyn

**Coney Island Hospital**  
 2601 Ocean Parkway  
 Healthy Cooking Demonstration  
 October 15  
 12pm – 2pm

Depression Screenings  
 October 9 & 21, 12pm – 2pm  
 October 14, 10am – 12pm  
 October 28, 4pm – 6pm

**Cumberland Diagnostic & Treatment Center**  
 100 North Portland Avenue  
 Healthy Cooking Demonstration  
 October 22  
 10am – 12pm

**Kings County Hospital Center**  
 541 Clarkson Avenue  
 E-Building Lobby, 1st Floor  
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**Woodhull Medical Center**  
 760 Broadway  
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