Commit to be Fit!

10th Anniversary

TAKE CARE NY

Visit a screening event at one of the New York City public hospitals or health centers to:

- Take a **Fit Test** to check your Body Mass Index (BMI), blood pressure, and cardio level
- Get a flu shot
- Take a simple diabetes test
- Get tested for life-threatening diseases such as cancer, HIV, depression, and much more
- Participate in an exercise class sponsored by Shape Up NYC!

For more information, go to **nyc.gov/hhc**.

/nycHHC @HHCnyc /HHCnyc

Visit these locations to get screening tests at little or no cost*

Bronx

Jacobi Medical Center
1400 Pelham Parkway South
October 1, 8, 15, 22, 29
12pm - 4pm

Lincoln Medical Center
Main Lobby
234 East 149th Street
October 1, 8, 15, 22, 29
9:30am - 4pm

Morrisania Diagnostic & Treatment Center
Main Lobby
1225 Gerard Avenue
October 2, 9, 16, 23, 30
10am - 3pm

North Central Bronx Hospital
Farmer's Market
Corner of Mosholu Parkway N & Jerome Ave
October 2, 9, 16, 23, 30
12pm - 4pm

Segundo Ruiz Belvis Diagnostic & Treatment Center
Main Lobby
545 East 142nd Street
October 3, 10, 17, 24
11am - 3pm

Brooklyn

Coney Island Hospital
Main Lobby
2601 Ocean Parkway
October 2, 9, 16, 23, 30
12pm - 2pm

Cumberland Diagnostic & Treatment Center†
Main Lobby
100 North Portland Avenue
October 30
1pm - 2:30pm
†Fit test not offered at this location

Kings County Hospital Center
Ambulatory Care Center, E Building
Clarkson Avenue at East 39th Street
October 3, 10, 17, 24
10am - 2pm

East New York Diagnostic & Treatment Center
Main Lobby
2094 Pitkin Avenue
at Pennsylvania Avenue
October 8, 10, 22, 24
10am - 3pm

Woodhull Medical & Mental Health Center
760 Broadway
0 Block/C Corridor
October 9, 23
1pm - 2:30pm

Queens

Elmhurst Hospital Center†
H Building Lobby
80th Street & 41st Avenue
October 22, 24, 29, 31
1pm - 4pm
†Fit test not offered at this location

Queens Hospital Center
82-68 164th Street
October 9
9am - 12pm

Manhattan

Bellevue Hospital Center
Atrium
462 First Avenue
October 10
10am - 3pm

Gouverneur Health
Smith Family Health Center
60 Madison Street
October 2, 9
12pm - 4pm

Gouverneur Health
Roberto Clemente Center
540 East 13th Street
October 1, 3pm - 5pm
October 25, 9am - 12pm

Harlem Hospital Center
Ronald H. Brown Lobby
530 West 137th Street
October 10, 25
10am - 2pm

Harlem Hospital Center
MLK 2nd Floor Art Gallery
506 Lenox Avenue
October 17
10am - 2pm

Metropolitan Hospital Center
Main Lobby
1901 First Avenue at 97th Street
October 10, 24
10am - 2pm

Renaissance Health Care Network
Sydenham Health Center
264 West 118th Street
October 17
10am - 2pm

Staten Island

Mariner's Harbor Family Health Center
2040 Forest Avenue
October 10
9am - 3pm

Mobile Medical Office
St. Paul's Episcopal Church
225 St. Paul's Avenue
October 8
9am - 3pm

Mobile Medical Office
NYCHA Houses West Brighton
230 Broadway
October 3
9am - 3pm

Stapleton Family Health Center
111 Canal Street
October 24
9am - 3pm

Get a free pedometer when you take the Fit Test.

*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.

HHC NEW YORK CITY HEALTH AND HOSPITALS CORPORATION
nyc.gov/hhc

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

NYC Parks