

Eat Your Way to a Healthy Heart



Thursday,
February 12, 2026
11 a.m. to 1 p.m.

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

Join the Tremont Neighborhood Health Action Center as we discuss how to lower your blood pressure and improve your health.

Additional information:

- Checking your blood pressure
- Preventing or controlling high blood pressure
- Talking to your healthcare provider to reduce your health risk
- Tasty cooking demo included



To register for the event, scan the QR code, visit bit.ly/heart-healthy-nyc, or email bronxactioncenter@health.nyc.gov.

**Bags of
produce will be
provided by
EmblemHealth.**



***Free while
supplies last;
no obligation
to enroll**



For more information, email bronxactioncenter@health.nyc.gov

Classes take place in English, but interpretation and ASL are available on request. If language services are needed, contact us at least 72 hours before the event.

NYC
Health