

Balance Your Plate, Energize Your Life!



Wednesday,
March 18, 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 basic strategies for healthy eating.

Additional information:

- Myplate Planner
- Whole versus processed foods
- Talking to your healthcare provider to reduce your health risk
- Tasty cooking demo included

EmblemHealth will provide free produce bags to program participants



***Supplies are limited**



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.

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