

Harlem Neighborhood Health Action Centers

Calendar of Events | July 2022



Due to COVID-19, some in-person NYC Department of Health and Mental Hygiene services and scheduled activities at Health Action Center buildings have been suspended until further notice. To check if your service or activity is in person or online, see the descriptions below.

Family Wellness

Crib and Car Seat Distribution

Families can get an infant car seat or safe sleep surface for their infant, if they need one.

Email HarlemFWS@health.nyc.gov for requirements and documentation.

Wednesdays | 10 a.m. to 1 p.m.

Baby Café

This virtual and in-person support group is for people who are breastfeeding. Trained professionals will:

- Provide practical breastfeeding support, such as help with latching and breast milk supply.
- Answer questions from participants.
- Discuss topics such as how to prevent plugged ducts and mastitis, how to position your baby when latching and how to overcome relactation, oversupply and overactive letdown.

To register for the virtual event, visit bit.ly/BabyCafeEH.

To attend in-person as a walk-in: 158 E. 115th St.

Thursdays | 5:30 to 7:30 p.m.

And More!

East Harlem Asthma Center of Excellence

Provides asthma counselors to help children aged 17 and younger who reside in East and Central Harlem and have poorly controlled asthma. For more information, call 646-682-2100 or email at EHACE@health.nyc.gov.

Concrete Safaris Jungle Gym 2022

This program is free for the community and includes events such as healthy living fair, face painting, biking, games, arts and crafts, giveaways, an obstacle course race and much more. To register for the obstacle course race, visit concretesafaris.org.

July 22 | 11 a.m. to 4 p.m. |

116th St., between Third and Lexington Aves.

Clinical Services

Harlem United Dental Van

Low-cost dental services are available for people with most insurance or no health insurance. Completing a COVID-19 health screening is required. For more information in English, call 718-844-7965. For more information in Spanish, call 646-620-1363.

Wednesdays and Fridays | 9 a.m. to 2 p.m. |

115th St. and Lexington Ave.

Nutrition

GrowNYC Fresh Food Box

The Fresh Food Box sells locally grown fruits and vegetables for \$14. Courtesy hour for people over age 65 or who have serious health conditions is available between 1:30 and 2:30 p.m.

For more information, visit gownyc.org/freshfoodbox.

Thursdays | 2:30 to 6:30 p.m.

About Us

The Neighborhood Health Action Centers provide health and wellness services in Harlem, as part of New York City's effort to promote health equity.



Location

East Harlem Neighborhood Health Action Center at 115th Street
158 E. 115th St., New York, NY 10029 | Phone: 855-789-8760

East Harlem Asthma Center of Excellence at 110th Street
161-169 E. 110th St., New York, NY 10029 | Phone: 646-682-2100



Most classes are in English, but if language services are needed, contact us at least 72 hours before the class.