



Harlem Children's Zone Healthy Harlem presents

Early Childhood Health Fair & Wellness Expo

WEDNESDAY

JANUARY 21

9 AM – 11 AM

HCZ ARMORY

40 West 143rd Street

New York, NY 10030

LEARN ALL ABOUT

Eating healthy
Getting in shape
Managing asthma
Fire safety
Preparing for an emergency
Preventing lead poisoning

FOOD SAMPLES & COOKING DEMOS

FREE screenings

Diabetes • Cholesterol • BMI
Blood pressure • Fit testing

Information booths

Yoga classes • WIC • Holistic health
SNAP • Farmers markets • Fitness classes
Wellness resources • Acupuncture • Fire
safety • Healthcare enrollment • Financial
literacy • Legal aid • Bike & traffic safety

Raffles & Giveaways

Gym passes • Fresh & local produce
Children's books • Cooking supplies
Gift cards • Healthy Harlem goody bags



For more information, contact Nadirah Blassingame at 646-545-3935 or nblassingame@hcz.org