

WELLNESS

Bienestar



Bike New York

(212) 870-2080

www.bike.nyc

Hundreds of free classes at
Community Bike Education Centers
*Clases gratuitas en diferentes
centros educativos*

BronxWorks - Betances

Community Center

547 East 146th Street

Bronx, NY 10455

(718) 585-5040

www.bronxworks.org

Community center with recreational,
educational, and cultural programs.
Membership is free with application
*Centro comunitario con programas
recreativos, educativos y culturales
gratuitos para la comunidad.*

Growing Up Healthy

Hotline NYS Dept. of Health

(800) 522-5006

[www.health.ny.gov/community/
pregnancy/health_care/prenatal/
guh.htm](http://www.health.ny.gov/community/pregnancy/health_care/prenatal/guh.htm)

Low-cost or free health care
services for pregnant women and
children

*Servicios a bajo costo o atención
médica gratuita para mujeres
embarazadas y niños*

Heartshare Wellness

177 Livingston Street

Brooklyn, NY 11201

(718) 855-7707 ext. 8015

www.heartsharewellness.org

NYC Parks Recreation Centers

For more info, call 311

www.nycgovparks.org

Access to all 35 recreation centers
and 12 indoor pools

Free Youth Memberships

(through age 17)

\$25 annually for Young Adult

Memberships (Ages 18-24).

Acceso a los 35 centros recreativos

y 12 piscinas techadas. Gratis

para jóvenes (hasta los 17 años) y

membresía anual de \$25 para adultos

(hasta los 24 años)

[www.nycgovparks.org/facilities/
recreationcenters](http://www.nycgovparks.org/facilities/recreationcenters)

New York City Youth Connect

2 Lafayette Street, 19th Floor

New York, NY 10007

(800) 246-4646

[www.nyc.gov/html/dycd/html/youth/
youth.shtml](http://www.nyc.gov/html/dycd/html/youth/youth.shtml)

Stop and Shop Supermarket -

Kid Healthy Ideas Program

[www.fieldtripfactory.com/
Program?event=177&banner=1015#](http://www.fieldtripfactory.com/Program?event=177&banner=1015#)

Children experience a hands-on
educational tour of the supermarket.
The tour focuses on nutrition, fitness,
and the environment.

*Visita guiada a supermercados
para que los niños aprendan sobre
nutrición, la importancia de la
actividad física para la salud y cómo
cuidar el medio ambiente.*