Manhattanville in West Harlem Implementation Plan Report October 15, 2024 Submission

Declaration Reference and Key Data

Obligation Section Number: 5.07(c)(ii)

Obligation Title: Mind Brain Behavior Public Outreach Center

Obligation Page Number: 52

Obligation Trigger: Issuance of TCO for Development Site 2

Obligation Start Date: August 25, 2016

Obligation End Date: 25 Years from Commencement of the Public Outreach Center's Full Operation

Obligation Status: In Compliance

Obligation

Mind Brain Behavior Public Outreach Center. CU shall locate within Development Site 2 (the proposed Jerome L. Greene Science Center) a Screening and Education Center for community outreach. The purpose of the Center shall be to provide stroke awareness lectures and free blood pressure and cholesterol screenings. The Center shall commence operation upon issuance of the temporary certificate of occupancy for the Jerome L. Greene Science Center and operate for a 25-year period from commencement of full operation.

*The center opened to the public in September 2017. Therefore, this obligation will be in effect until 2042, 25 years from the commencement of the center's full operation.

Alternatives Based on Innovation

Columbia University's Wellness Center opened in the Jerome L. Greene Science Center in 2017 and has since provided health education, community resources and free health screenings to the West Harlem community, as well as trained members of the Harlem community to become advocates to prevent stroke and mental health through the Institute for Training Outreach and Community Health (InTOuCH) and Mental Health First Aid (MHFA) programs. The success of this training led to the expansion of the Center's focus to building capacity in the community, by training individuals from faith and community-based organizations (CBO) to be certified community health workers.

In 2023, upgrades were made to the Wellness Center model to focus on Community Health Worker (CHW) training and the center was renamed to "Columbia Center for Community Health". Under the center's supervision, these CHWs continue to provide stroke awareness lectures, free blood pressure, and cholesterol screenings, but with the evidence driven framework of meeting people where they are. Screenings are largely performed off-site, at local faith and community-based organizations or at community-focused health events. The Center continues to operate in the Jerome L. Greene Science Center as a screening and education center focused on stroke awareness and free blood pressure and cholesterol screenings.

Evidence of Compliance

- 1. Press release and/or announcement about center opening
- 2. Link to website
- 3. Annual report
- 4. Signage at Jerome L. Greene Science Center/MBB Building

Columbia University's Implementation Plan and all supporting documentation are made available on the Columbia Neighbors Webpage at https://neighbors.columbia.edu/content/community-commitments.

Manhattanville in West Harlem Implementation Plan Report October 15, 2024 Submission

EOC Checklist for Obligation 5.07(c)(ii):
Please check to verify EOC items submitted for review.
 □ 1. Press release and/or announcement about center opening □ 2. Link to website □ 3. Annual report
4. Signage at Jerome L. Greene Science Center/MBB Building
Monitor's Notes / Comments:
Status:
Please check to indicate the status of Obligation 5.07(c)(ii):
In Compliance
In Progress
Not In Compliance
Not Triggered

COLUMBIA | Wellness Center

Located in Columbia University's new Jerome L. Greene Science Center in West Harlem

The Wellness Center provides free blood pressure readings, cholesterol screening and AIC glucose testing to the community. Visitors will receive a record of their results, as well as information on ways they can improve their health.

On request, Wellness Center staff will provide information about free and low-cost health care available throughout Harlem and upper Manhattan. The Wellness Center will also provide onsite assistance with health insurance enrollment.

In addition to providing free blood pressure and cholesterol screening, the Wellness Center is home to two programs dedicated to empowering the community through health education.

The Mental Health First Aid (MHFA) program is dedicated to improving access to quality mental health in Harlem. The program teaches participants the warning signs of mental health problems, helps build an understanding of the importance of early intervention and seeking support. Information about support groups, tools for mental health, and local resources will be provided.

The Institute for Training Outreach and Community Health (InTOuCH) is a free community-based program designed to raise awareness about stroke and heart attack prevention. Through its rigorous training program, InTOuCH participants commit to serving the community as volunteer health workers and as counselors at Columbia's Wellness Center and local screening events.

www.zuckermaninstitute.columbia.edu/community-wellness-center

NOW OPEN
MONDAY-FRIDAY 9 A.M.-5 P.M.

610 W. 130th Street New York, NY 10027 1-212-853-1146

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Located in Columbia University's new Jerome L. Greene Science Center in West Harlem



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NOW OPEN MONDAY-FRIDAY 9 A.M.-5 P.M.

610 W. 130th Street New York, NY 10027 1-212-853-1146

Mind Brain Behavior Public Outreach Center (Columbia Center for Community Health)

Link to website:

https://communityhealth.columbia.edu/

COLUMBIA UNIVERSITY IN THE CITY OF NEW YORK

Q

Contact Us



About Us Meet Our Team What We Do ▼ Photo Gallery New



ALL OF OUR SERVICES ARE FREE

Blood Pressure Screening

Blood pressure screening and cholesterol testing to all who walk in.

Healthcare Referrals

Our healthcare referral list covers a broad range of services and resources. Many clinicians on our list are bilingual and most participate in both public and private health insurance plans.

Health Insurance Enrollment

Our staff are New York State-certified application counselors, trained to assist individuals in enrolling for a health insurance plan that fits their eligibility.

Annual Report: Mind Brain Behavior Public Outreach Center (Columbia Center for Community Health)

State Submission Annual Reporting Period: October 2023 - September 2024

The Columbia Center for Community Health operates out of the Jerome L. Greene Science Center and provides health education, community resources and free health screenings to the West Harlem community, and trains members of the Harlem community to become advocates to prevent stroke and mental health through the Institute for Training Outreach and Community Health (InTOuCH) and Mental Health First Aid (MHFA) programs.

The Center focuses on Community Health Worker (CHW) training. Under the center's supervision, these CHWs provide stroke awareness lectures, free blood pressure, and cholesterol screenings. Screenings are often performed off-site at local faith and community-based organizations or at community-focused health events (see attached report for more information). The Center continues to operate in the Jerome L. Greene Science Center as a screening and education center focused on stroke awareness and free blood pressure and cholesterol screenings.

Please note: The Columbia Center for Community Health is not a clinical practice.

Blood Pressure and Cholesterol Screenings Performed at the Columbia Center for Community Health

Month	Blood Pressure Screenings	Cholesterol Screenings	Total
Oct-2023	2	2	4
Nov-2023	9	9	18
Dec-2023	5	5	10
Jan-2024	4	4	8
Feb-2024	5	5	10
Mar-2024	3	3	6
Apr-2024	11	11	22
May-2024	19	19	38
Jun-2024	15	15	30
Jul-2024	14	14	28
Aug-2024	14	14	28
Sep-2024	9	9	18
	110	110	220

Stroke Awareness

The Columbia Center for Community Health houses the Community Health Worker Stroke Prevention program, which empowers communities to combat stroke. The program includes 6-week trainings, held throughout the year that provide local residents with the tools they need to become community health workers. Volunteers learn about various cardiovascular health topics, including motivational interviewing, with a special emphasis on stroke and related risk factors. Alumni of the program serve as health advocates in their communities and at faith-based organizations, with the overall goal of improving stroke outcomes and lowering the prevalence of stroke and related risk factors. The curriculum was developed with the assistance of community focus groups and in consultation with experts in health education.

The program, modeled on the Center for Disease Control and Prevention's CHW training curriculum, with the addition of culturally tailored multimedia components, is led by Olajide Williams, MD, chief of staff of neurology and associate professor of neurology at Columbia University Medical Center, founder of Hip Hop Public Health, and codirector of the Center for Stroke Disparities Solutions in New York.

InTOuCH Community Health Worker Training				
Cohort #	Program Dates	Number of CHWs trained		
16	Oct-Dec 2023	20		
17	Mar-Apr 2024	21		
-	Total	41		

Additional Supporting Documentation

- Columbia Center for Community Health Annual Report October 2023 September 2024
- Copies of flyers for events attended by Community Health Workers and Wellness Center staff



ANNUAL REPORT 2023 - 2024

COLUMBIA | Center for Community Health

COLUMBIA CENTER FOR COMMUNITY HEALTH

The Columbia Center for Community Health (CCCH), situated within Columbia's Zuckerman Institute on the Manhattanville campus, is entering an exciting new phase. Previously known as the Columbia Wellness Center, the CCCH underwent a significant transformation in 2023, adopting a new name that reflects its broadened mission. This change underscores the CCCH's commitment to certifying and training community health workers (CHWs) and enhancing the health of the Uptown community. Through community capacity building and health promotion, the CCCH aims to support and empower local residents.

The CCCH is led by co-directors Dr. Olajide Williams, a distinguished neurologist, and Dr. Robert Fullilove, a public health expert, both recognized for their innovative approaches to improving public health in Harlem and Washington Heights. Under their guidance, the training and certification of CHWs has become a central focus of the CCCH, emphasizing the vital role these frontline workers play in healthcare delivery.

Training Hub for Community Health Workers

Community Health Workers are essential public health advocates who typically reside in the communities they serve, possessing a unique ability to disseminate vital information effectively, as noted by the National Heart, Lung, and Blood Institute. The Institute for Training Outreach and Community Health (InTOuCH), currently directed by Dr. Janhavi Mallaiah alongside Mariama Kora, Ulda Louis-Pierre, and Mary Redd, serves as the CCCH's primary training initiative. It offers free training and certification for individuals interested in becoming CHWs.

The comprehensive eight-week training program comprises six weeks of coursework followed by two weeks of hands-on practicum. To date, InTOuCH has successfully trained and certified 252 CHWs, who now serve as trusted advocates within their communities.

New Focus and Strengthening Local Connections

With its rebranding, the CCCH has embraced a new focus on five key areas: training, outreach, research, screening, and workforce development. By prioritizing these areas, the CCCH aims to enhance its InTOuCH program, expand the provision of community health screenings, and foster opportunities for research initiatives that are relevant to local needs.

This endeavor includes strengthening partnerships with local faith-based and community organizations and enhancing outreach to marginalized populations, including formerly

incarcerated individuals. Currently, the CCCH collaborates with 94 houses of faith throughout Uptown and the five boroughs of New York City.



In 2022, InTOuCH partnered with Vocational Instruction Project (VIP) Community Services to deliver free CHW training to their staff and clients. The CCCH will continue its collaboration with VIP Community Services, a Federally Qualified Health Center and Certified Community Behavioral Health Clinic that offers a range of services, including primary care, housing, and medication-assisted treatment.

Reflecting on this new chapter..

Dr. Janhavi Mallaiah emphasized the importance of community partnership: "We are proud to announce a new focus and mission for the Columbia Center for Community Health. We look forward to building capacity, deepening our impact, and forging new connections with the community."

HIGHLIGHTS FROM 2023-2024

- Community Health Workers: 252 CHWs trained and certified from 2016
 2024
- **Cohort Training (Cohorts 16 & 17)**: 41 new Community Health Workers (CHWs) trained and certified.
- **Alumni Refresher Training & Recertification**: 68 CHWs successfully completed refresher training and were recertified.
- **Community Health Screenings**: Conducted 106 community health screenings.
- Mental Health Screenings: Screened 1,301 community members
- Colorectal Cancer Screening: Screened 341 community members
- **CONNECT Conference 2023**: Participated in the conference for community health stakeholders including community leaders, community health workers, researchers, clinicians, public health practitioners, policymakers, and students.
- **Community & Academic Partnerships**: Established 90 new partnerships with community organizations and academic institutions.
- **Faith-Based Partnerships**: Partnered with 94 houses of faith to expand outreach and health services.
- **First Annual Community Health Fair**: Hosted by the Columbia Center for Community Health, the fair attracted over 500 attendees, offering health education, screenings, and family-friendly activities.
- Formation of New Community Advisory Board: Welcomed five new leaders from West Harlem Development, 100 Black Men, 100 Black Women, NYS Office of Mental Health, and the Board of Education to guide community initiatives.

Program Impact

Community Health Community Health Worker Training Screenings 72 + Screening Events 41 New CHWs 68 CHWs Recertified D. @ **Continued Health** Education **Workforce Development** 68 CHWs 918 63 CHWs Hired for Mental Health Screening **Sreening & Outreach** 22 CHWs Hired for Colorectal Cancer Screening

> 1644 Cardiovascular Screening 341 Colorectal Cancer Screening 1301 Mental Health Screening

These accomplishments reflect Columbia Center for Community Health's deepened community engagement and impact in promoting health and wellness.



Community Opportunities for Innovation, Exchange, Collaboration and Trust



Opening Remarks: Dr. Fullilove Panel Speaker: Mariama Kora Closing Remarks: Dr. Williams





Graduation 2024



Graduation Keynote: Dr. James Noble



Graduation MC: Easy AD
(Cold Crush Brothers)



Class Speaker: Andre George



Graduates of Cohort16 & 17



Ms. Mary Redd & Dr. Janhavi Mallaiah



Graduates of Cohorts 16 & 17



Dr. Olajide Williams, Carmen Bu, Dr. Robert Fullilove



Mariama Kora & Ulda Louis-Pierre



Graduation 2024

Columbia Center for Community Health Community Health Fair













COMMUNITY & ACADEMIC PARTNERS

Houses of Faith

Abundant Life Christian Center

Abundantly Blessed Bible Assembly

Abyssinian Baptist Church

Amazing Church of worship

Baptist House of Prayer

Bedford Central Presbyterian

Bethany Baptist

Bethel Church of Our Lord Jesus Christ

Bethel Gospel Assembly

Brooklyn Bethel

Brooklyn Temple

Canaan Baptist Church

Christ Temple Apostolic Church

Christian Cultural Center

Christian Fellowship SDA

Church of God of East Flatbush

City Gates International Church

City Tabernacle SDA Church

Convent Avenue Baptist Church

Cornerstone Baptist Church

Crenshaw Church

Day Spring Baptist Church

East Ward Missionary Church

Ebenezer Seventh Day Adventist Church

Ephesus SDA

Fellowship Covenant Church

First Central Baptist

First Corinthian Baptist Church

First Lady of Pilgrim Cathedral of Harlem

First White Plains Seventh Day Adventist Church

Fort Motte Baptist Church

Fort Washington Collegiate Church

Fresh Oil Ministries

Fruit of Increase Ministries

Gethsemane Baptist Church

Goshen Temple Seventh Day Adventist

Grace Baptist Church

Grand Concourse SDA

Greater Centennial AME Zion

Greater Love Refuge Ministries

Greater Refuge Temple Seventh Day Adventist Church

Greater Tabernacle Baptist Church

Historic First Church of God in Christ

Hospitality Committee at World Changers Church

Larger than Life Christian Ministries

Macedonia Seventh Day Adventist Church

Memorial Baptist Church

Metropolitan AME Church

Metropolitan Community Church of New York

Morris Brown AME

Mother AME Zion Church

Mount Ararat Baptist Church

Mount Moriah AME Church

Mount Olivet Baptist Church

Mount Pleasant Ministries

Mount Sinai United Christian Church

Mount Vernon SDA

New Bethel Way of the Cross

New Covenant Temple, UHC

New Hope Seventh Day Adventist Church

New Jerusalem Worship Center

New Mount Zion Baptist Church

New Testament Church of God

Oasis Church on 172nd & Audubon

Our Lady of Refuge Catholic Church

Pilgrim Cathedral of Harlem

Presbyterian church of St Albans

Rivers of Living Waters Church

Riverside Church

Salem United Methodist Church

Shiloh Baptist Church

Spring Green Baptist church

Springfield United Methodist Church

St Luke Baptist Church

St. Charles Borromeo Roman Catholic Church

St. James Presbyterian Church

St. John's Baptist Church

St. Luke's AME Church

St. Mark The Evangelist Roman Catholic Church

St. Paul Baptist Church

The Brooklyn Tabernacle Church

The Church of God of East Flatbush

The Church of the Good Shepherd

The Mosque of Islamic Brotherhood

Times Square Church

Trinity Baptist Church

Unity Baptist Church

Universal Baptist Church

Vanderbilt Avenue Moravian Church

Victory Seventh Day Adventist Church

Williams Institutional CME Church

World of Life Christian Fellowship International

Worldwide Association of Professional Chaplains

Yonkers Seventh Day Adventist Church

Community & Academic Partnerships

100 Black Men

ACCOMPLISHED

Aging Research in Sleep Equity & Dementia Prevention (ARISE-DP) Program

American Society for Meningitis Prevention

Andrew Brockman FDNY Ems Ambulance Tour

Arts and Minds

Arts in the Park

Bard Prison Initiative

Black Health

Blurred Vision Entertainment

Center for independence for the disabled

Choose Healthy Life, Inc.

Clowns.com

Columbia Business School

Columbia Cancer

Columbia Community Partnership for Health

Columbia Global Center, Mumbai

Columbia University WHICAP

Columbia University College of Dental Medicine Dental Van

Columbia University Irving Medical Center Edward S. Harkness Eye Institute

Columbia University Irving Medical Center Office of Community Health Clinical Trials Diversity

Columbia University Irving Medical Center Office of Community Services Programs

Columbia University Irving Medical Center, Department of Neurology

Columbia University School of Nursing

Columbia University School of Social Work

Columbia University Vagelos College of Physicians and Surgeons

Comprehensive Rural Health Project, India

COVID-19 Columbia Student Service Corp.

Delta Sigma Theta, Inc., North Manhattan

DJ Troy

Double Discovery Center

Fauzia's

Hamilton Grange Senior Center

Harlem Chambers of Commerce

Harlem Congregation for Community Improvement

Harlem Hospital: Community Health Workers Dept.

Harlem Week

HealthFirst

Heritage Health

HOPE Center

Hospitality Committee at World Changers Church

Ichan school of Medicine at Mount Sinai

Impactivo Consulting

Irving Institute for Clinical and Translational Research

Jean Chapman

Johnson & Johnson Services, Inc.

Just Salad

LaGuardia Community College

Mailman School of Public Health

Make My Cake

National Association Advancement of Colored People, Mid-Manhattan Chapter

National Association of Community Health Workers

New York City Housing Authority

New York State of Health

New York State Psychiatric Institute

NMIC Community Health Workers

NY Presbyterian

NYU Grossman School of Medicine

NYU School of Global Public Health

Oasis Smoothies

Plant Powered Metro New York

RAND Corporation

Rutgers University Urban Health and Wellness Institute

Silicon Harlem

Sorin Medical

Tarsha Gibbons

Taub Institute for Research on Alzheimer's Disease and the Aging Brain

Teacher's College, Columbia University

The Forum at Columbia University

Therapeutic Area Manager NY Metro/ Breast Cancer

Touro College

United Way of New York City

University of California Irvine

VIP Community Services

VIP Services

West Harlem Development Corporation

Yara Shea Beauty

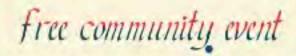
Yeshiva University

York College, Department of Health and Human Performance

Zuckerman Mind Brain Behavior Institute

BRONX CLERGY TASK FORCE PEACE & HEALTH INTERFAITH BREAKFAST

Bishops Angelo & Nancy Rosario





SATURDAY OCTOBER 7, 2023 10AM-3PM

HEALTHFIRST-We have health plans made for New Yorkers. We'll you find yours;

- For Medicare-Eligibles/Age 65 and Up
- -For Individuals and Families, For Long-Term Care
- -NYU Dentistry: Dental Screening all ages-gift bag w/dental supplies, voucher for complimentary exam, x-rays at NYU
- -Columbia Univ.ersity Colorectal Cancer Screening for blacks 45-70 yrs
- -Blood Pressure Screening, Diabetes testing, General Health Screening, Pediatrics, Mammogran Van
- -Tai-Chi, Meditation Table
- -Flu Vaccines
- Tobacco Cessation table
- Breast cancer table
- Workers Compensation Table

-Free books

Q&A with doctors, etc.

- -Become a Wish-granter
- -V.A. Benefits Info

Live Entertainment

177 Dreiser Loop **Bronx, NY 10475**

2nd Fl

tion

Entertainment, 380 Photo Machine













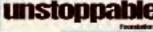
























For over 40 years, Boys & Girls Club of Harlem has proudly served the youth and community of Harlem. We fill the gap between school and home by providing a positive, welcoming environment where kids and teens can have fun, participate in life-changing programs, and build supportive relationships with peers and caring adults.

We are delighted to invite you to the 2023 Boys & Girls Club of Harlem Golf and Tennis Classic on October 10, 2023 at Paramount Golf Club.

This event benefits the club's mission to provide access and opportunities for youth to reach their full potential as responsible members of the community. We work to achieve this mission through the provision of services that promote academic success, good health and wellness and strong character and leadership.

For additional information and sponsorship opportunities visit www.bgcharlem.org or contact development@harlem.org, 212–283–6770, extension 511.

Sincerely,

Shaba Keys Board Chair

Sharon Joseph Executive Director



PARTNERSHIP OPPORTUNITIES

ACE \$35,000

- Four foursomes (16 golfers)
- Awards event cocktail reception and awards sponsor
- Golf cart sponsor
- Four (4) hole sponsorships
- Sponsor logo on Golf Towel
- Sponsor logo on all Prominent signage
- Recognition on the event website and marketing collateral
- Signage at registration
- Sponsor Logo on Event Registration Page

EAGLE \$25,000

- Three foursomes (12 golfers)
- Breakfast sponsor
- Three (3) hole sponsorships
- Sponsor logo on Golf Divot Tool
- Recognition on the event website and marketing collateral

BIRDIE \$15,000

- Two foursomes (8 golfers)
- Lunch sponsor
- Two (2) hole sponsorships
- Sponsor logo on Golf Balls
- Recognition on the event website and marketing collateral

SILVER \$10,000

- Two (2) foursomes
- Event breakfast sponsor or lunch sponsor
- Two hole sponsorships
- Recognition on the event website and marketing collateral

PAR \$5,000

- One foursome (4 golfers)
- One (1) hole sponsorship
- Sponsor Logo on all Prominent signage
- Recognition on the event website and marketing collateral

A-LA-CARTE OPTIONS

- Driving range sponsor \$2,500 (does not include event ticket)
- Putting competition sponsor \$2,500 (does not include event ticket)
- Hole sponsor \$500 (does not include event ticket)

ATTENDEE ONLY

- Foursome \$1,500-\$1,300 if paid by 7/1/23
- Individual golfer \$400-\$325 if paid by 7/1/23
- Golf or Tennis clinic \$300

All three options above include the following:

- Breakfast
- Lunch
- Gift bag
- Awards reception
 - Save \$100
 - Awards Reception only \$200



GOLF OUTING SCHEDULE

9:30am

Registration/breakfast

11:00am

Shot gun start

4:00pm

Awards Cocktail Reception

Golf Classic Co-Chairs

Yolanda Holmes Dr. Ernest Robertson

BGC Harlem Board of Directors

Shaba R. Keys, Chair Elois Dupree, Second Vice Chair Kathy Harrison, Treasurer La-Tonia Middleton-Jackson, Secretary

> Elena K. Boyd Charles Payne Winston Gilchrist Delores Jones Shirley A. Lewis Aleesha Taylor

Audrey Sanders



VISIT BGCHARLEM.ORG FOR MORE INFORMATION AND TO REGISTER.



Community Opportunities for Innovation, Exchange, Collaboration and Trust



Register @ http://bit.ly/CONNECT_2023



Join the COMMUNITY Center – Columbia University, Hunter CUNY, Northwell Health, Physician Affiliate Group of NY, and Weill Cornell – and The Trust Collaboratory at Columbia University for a free, in person event exploring intersections and opportunities among community engagement, research, healthcare, and policy to advance public health in New York City. CONNECT is intended for community members, Community Health Workers, researchers, clinicians, public health practitioners, policymakers, and students.

Questions? Contact: nab2199@cumc.columbia.edu















Community Opportunities for Innovation, Exchange, Collaboration and Trust

Wednesday, October 11, 2023 | 8AM to 4PM ET

In Person at The Forum @ Columbia University 605 W 125th St, New York, NY 10027

Join the COMMUNITY Center – Columbia University, Hunter CUNY, Northwell Health, Physician Affiliate Group of NY, and Weill Cornell – and The Trust Collaboratory INCITE at Columbia University for a one-day event exploring opportunities to strengthen the intersections among community engagement, research, education, and policy to advance public health in New York City. This participatory forum is intended for community leaders, Community Health Workers, researchers, clinicians, public health practitioners, policymakers, and students.

Register @ http://bit.ly/CONNECT_2023



Sessions will cover:

- Creating pathways for structural change to improve public health through interdisciplinary partnerships that inform health policy
- The science and impact of Community Health Workers as trusted liaisons between communities, researchers, and the healthcare system
- How community needs and priorities guide current community programs, clinical research, and public health practice

CONNECT includes panel discussions, interactive workshops and presentations, and dialogue sessions with CHWs, all led by experts in community leadership, equity-focused advocacy and policy, service delivery, community-led health disparities initiatives, and clinical research.





Flipping the Script:

A Teach-in on Homelessness and

Diabetes Management



Wednesday, October 11 | 12:30pm via Zoom Register: https://tinyurl.com/er9pvdm3

At this *homeless teach-in event*, a panel of *individuals* with lived experience of *homelessness will teach* healthcare professionals, trainees, and other interested audience members about how experiencing homelessness has affected their ability to manage diabetes.

Follow the conversation on twitter: #flippingthescript
Sponsored by:



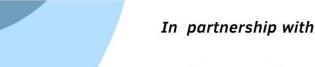


HEALTH AND WELLNESS DAY

OCT. 14, 2023

11 AM - 2:00 PM

- Get Free Screenings & Information
- Free Food Distribution







Venue:

830 Union Avenue Bronx, NY 10459



Institute for Training Outreach and Community Health

COLUMBIA UNIVERSITY





For more information contact us at: 1-718-861-5678





1872 Amsterdam Avenue, New York, NY 10031 Rev. Stephen A. Green, Pastor

SAVE THE DATE

Thursday, October 19, 2023 12:00 PM – 2: 30 PM

The Good Samaritan HIV/AIDS Community Outreach

Senior Ministry

&

Emma S. Freeman Women's Missionary Society

Will host

HIV Resource Tabling and Free HIV Testing, Blood Pressure Screening,
Domestic Violence Tabling, Free Flu and COIVD Vaccine, Brain Health Information
GIVEAWAYS

Sponsored by:











Manhattanville Community Day October 21, 2023 12:00 PM – 4:00 PM Columbia Neighbors – Weekly Newsletter

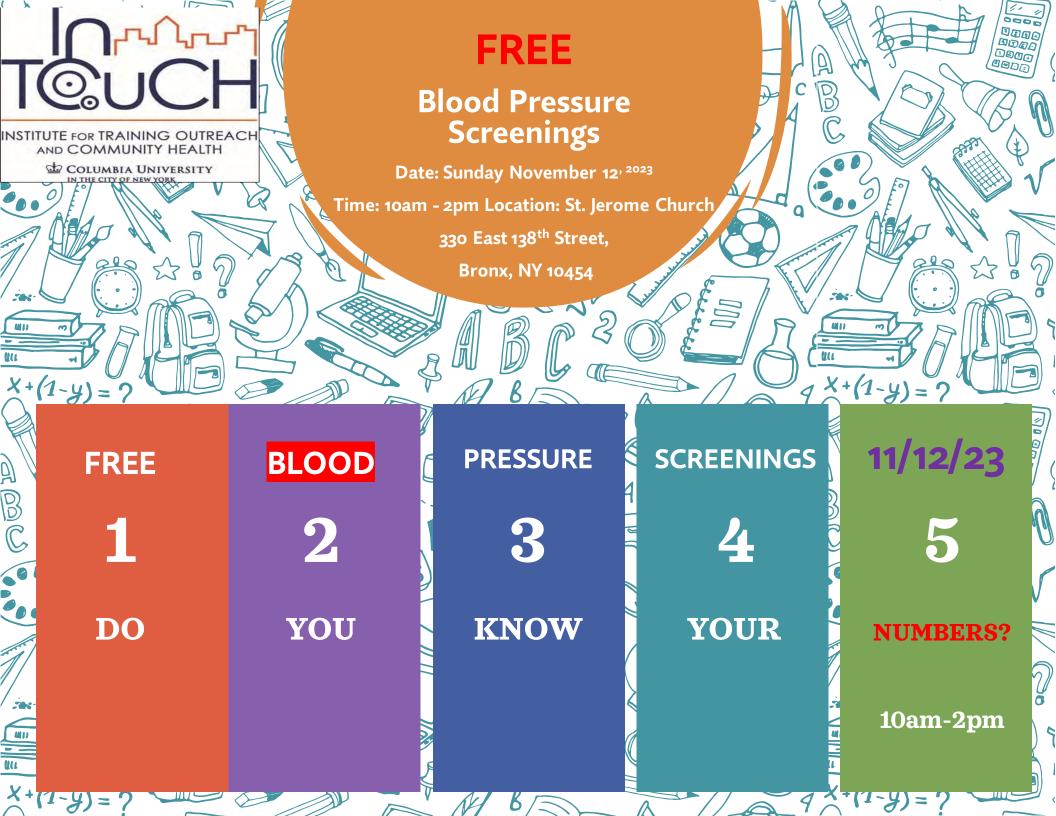


A Community Health Worker, part of Columbia's InTOuCH program, offers a blood pressure screening to a Community Day attendee. Photo by David Dini.

MANHATTANVILLE COMMUNITY DAY

October 21, 2023
12:00 PM - 4:00 PM
America/New_York

The Forum at Columbia University, 601 W. 125th St., New York, NY 10027



Bethesda Wellness Ministr

Free Screenings Blood Pressure Foot Exams Diabetes & Morel

Saturday

November 18, 2023 10:00am - 2:00pm

New York, NY 10026 132 West 116th St.





Bethesda Wellness Ministr



Saturday

Free Screenings

November 18, 2023

10:00am - 2:00pm

Blood Pressure

Diabetes

Foot Exams

New York, NY 10026 132 West 116th St.





BP SCREENING EVENT



Date: Wednesday December 6, 2023 from 10am-11am

ABSW Senior Center, 221 West 107th Street, NYC. 10025

Between Amsterdam & Broadway

CHALLENGE COURTESY OF

DECEMBER 7, 2023





WORD OF LIFE INTERNATIONAL 830 UNION AVE. BRONX, NY 10459



FOR MORE INFO:

OUR PARTNERS



718-861-5678



wolnychealth@gmail.com









1872 Amsterdam Avenue, New York, NY 10031

Rev. Stephen A. Green, Pastor

Thursday, December 7, 2023

Observance of WORLD AIDS Day

"Let Communities Lead"

12:00 PM - 2: 30 PM

The Good Samaritan HIV/AIDS/ Community Outreach Senior Ministry

HIV Resource Tabling and Free HIV Testing Kit, Blood Pressure Screening, Domestic violence, Mental Health Resources, Flu and COVID Vaccines 'Most insurances with zero co-pay", Brain Health Information and Colorectal Cancer Study: Screening helps prevent colorectal cancer.

GIVEAWAYS

Sponsored







Co-Sponsored





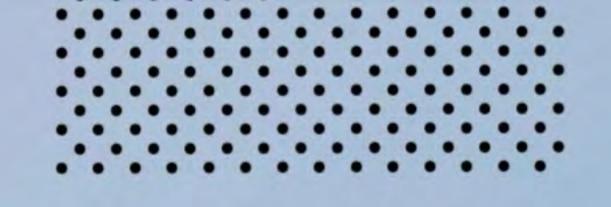


COMMUNITY HEALTHWORKERS BLOOD PRESSURE SCREENING

DECEMBER 17TH, 2023 11:30am-2pm

653 Lenox Ave @ The Prayer House

There will be gratuity gifts for participants. First come, first served.



THE SALVATION ARMY OF HARLEM

@ 540 Lenox Avenue New York, NY 10037

Will be sponsoring blood pressure and colon cancer screenings

ALL ARE WELCOME

WEDNESDAY, JANUARY 10, 2024 10am-12pm



COLUMBIA UNIVERSITY

IN THE CITY OF NEW YORK

Participating Group-

In Touch- CHW's/ Colon Cancer Group of Columbia University

DET RIVERA, PO MARCUS, PO REYES, BRONX CLERGY TASK FORCE, AND DJ GILBERT



NINTER







177 DRIESER LOOP AUD B BRONX, NY 10475

MUSIC, GAMES, FOOD, **ACTIVITIES**, AND MORE!





















JOIN US AND GET TO MEET DEDICATED HEALTH PROFFESIONALS FOR HEALTH INFORMATION









Questions contactt 45 pct community 718-822-5449 or 917-374-7917

♥aetna^{*} medicare solutions



1-16-24_Winter Wonderland HealthFest











Date: February 21, 2024

Time: 1:30pm -3:30

Location: ABSW Older Adult Center

221 West 107th Street

Between Broadway & Amsterdam





Date: February 22, 2024

Time 1pm-3pm

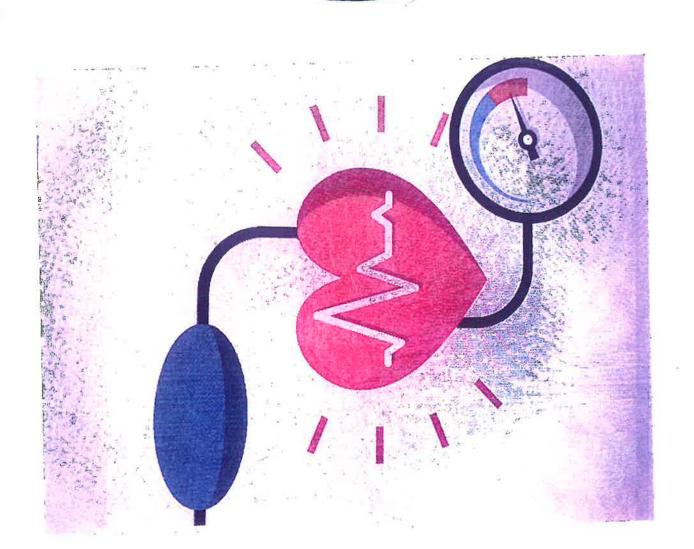
Location: SAGE

o pack to the state of

220 West 143rd Street

Between: Adam Clayton Powell Jr. &

Frederick Douglas BLVD







Date: February 24th, 2024

Time: 11am -1:00pm

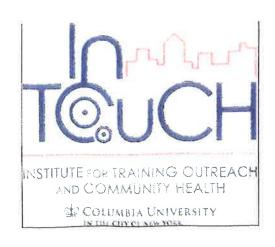
Location: St. Jerome Church

H.A.N.D.S. Community Center

330 East 138th Street, Bronx













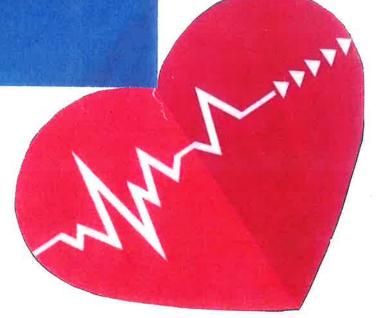
Date: March 3rd, 2024

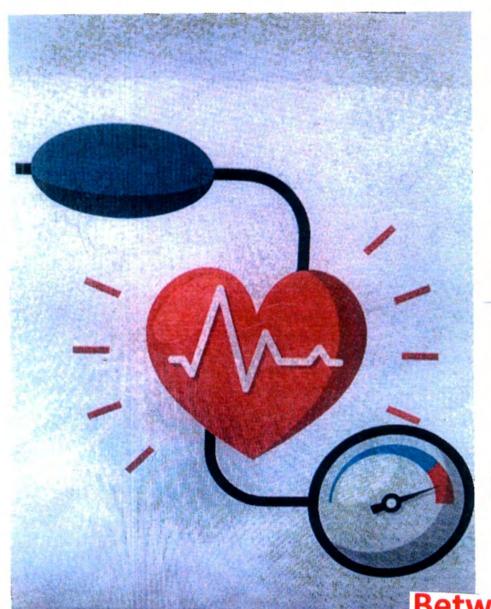
Time: 1pm to 3pm

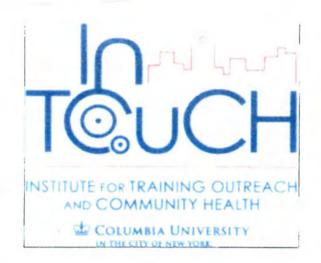
Location: All Souls Church

88 Saint Nicholas Ave

Between 114 & 115 Street







FREE

Blood Pressure Screening

Date: March 7th, 2024

Time: 11am-3pm

Location: St. Phillips Church

204 West 134th Street

Between Adam Clayton Powell Jr. and Frederick Douglas Boulevard

Manhattan Community Board 9

PUBLIC HEALTH FORUM



Join your CB to discuss healthcare in our community, Experts will discuss ways to make healthcare safer for our community.

DATE: MARCH 16, 2024

TIME: 11am to 3pm

LOCATION: The Forum at Columbia

University, 605 West 125th Street, MYC

10027



Morningside Heights Manhattanville Hamilton Heights



Central Harlem Senior Citizens' Centers, Inc. St. Nicholas Older Adult Center & Columbia University



& Columbia University
Are Hosting A Blood
Pressure Screening on
Wednesday, March 13, 2024,
At 1PM



For Further Information

Please Contact Monica Warrell @646-678-4451



FUNDED IN PART BY MYC AGING

Manhattan Community Board 9

PUBLIC HEALTH FORUM



Join your CB to discuss healthcare in our community, Experts will discuss ways to make healthcare safer for our community.

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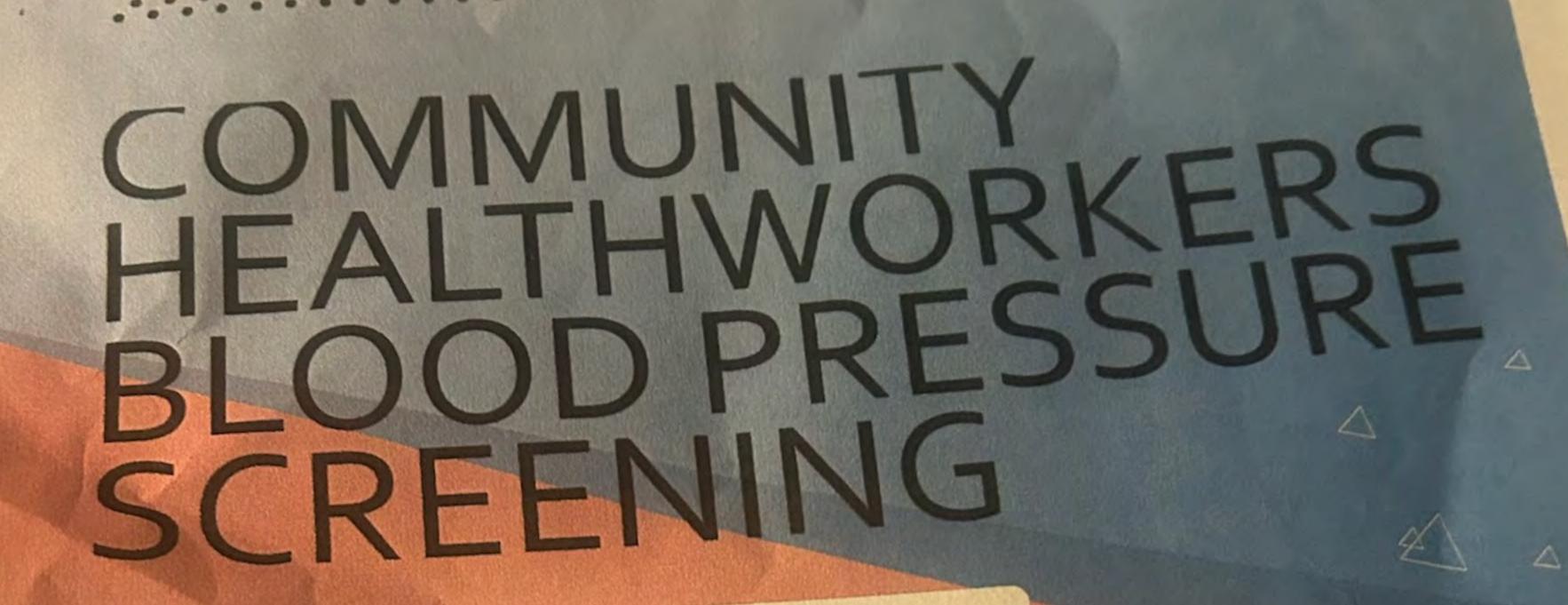
University, 605 West 125th Street, MYC

10027



Morningside Heights Manhattanville Hamilton Heights



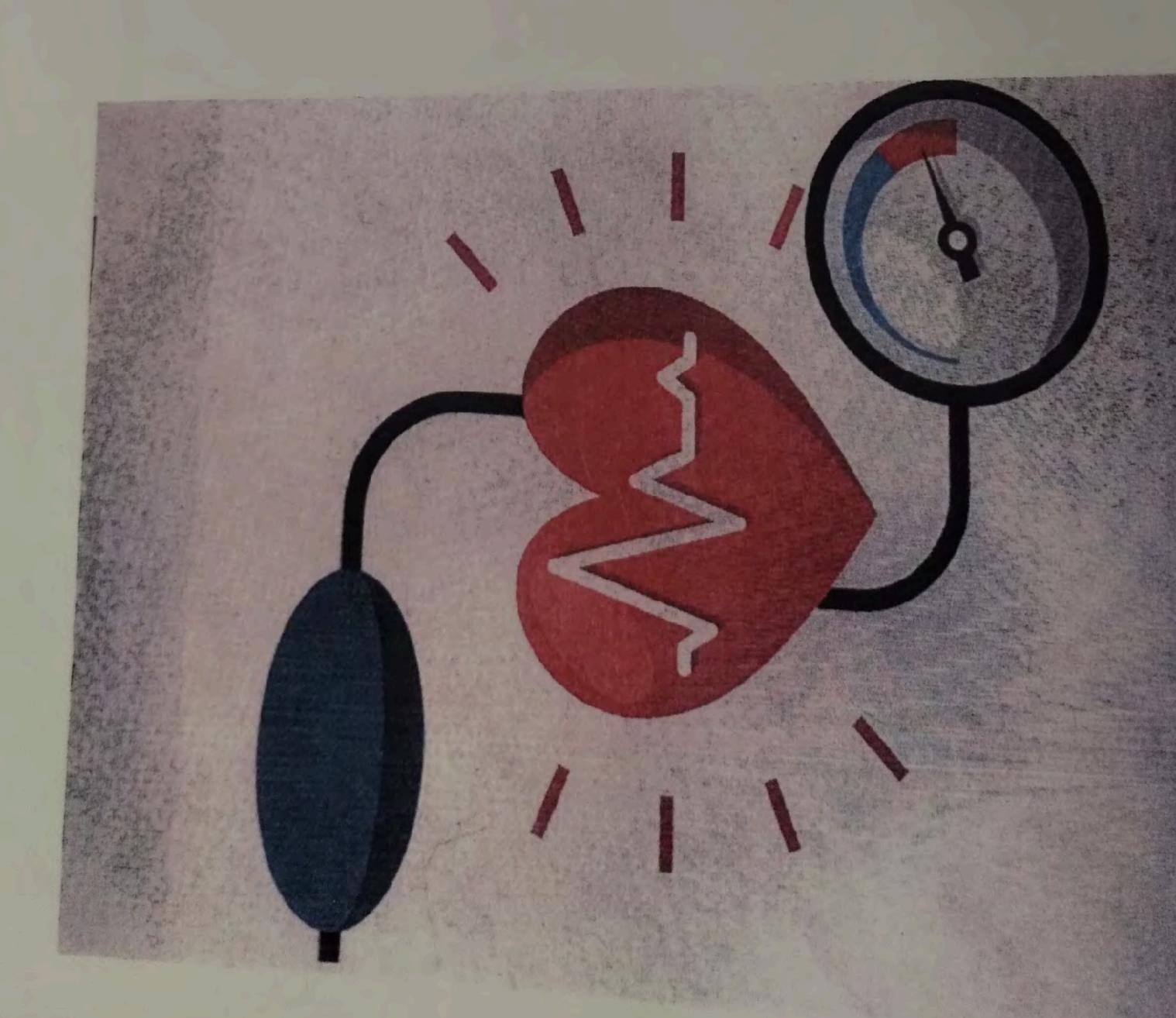


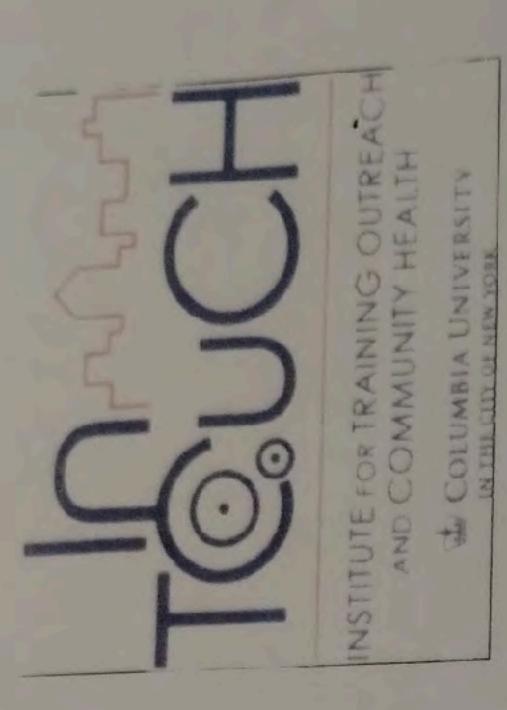
March 31, 2024

11:30am-2pm

653 Lenox Ave @ The Prayer House

There will be gratuity gifts for participants. First come, first serve





FREE

Blood Pressure Screening Plus, a Nutritional Component

DATE: April 12, 2024

Time: 10-12pm

LOCATION: 221 West 107th Street

een Broadway and Amsterdam Avenues

ABSW Older Adult Center



Saturday, April 13, 2024

425 HOWARD AVE, Brooklyn, NY 11233 11:00am-4:00pm

Come to our Community Health Fair and find out information regarding your health state.

For more information: RThomas@mountararatchurch.com

Get Free Screenings & Information

Cholesterol
Blood pressure
Diabetes
Women's health
Behavioral health
Dental health
Weight loss

Vendor Registration





Brain Health Series

Thursday, April 18th, 12 pm-2 pm Fellowship Hall

Parkinson's Disease Awareness Event

Learn about the early signs of Parkinson's disease, and hear from a PD Mover about his journey! We will have exercise demonstrations!

Brain Health Resources

Free Information

Lunch

Co-Sponsors:















EBEE

Blood Pressure Screening Plus, a Mutritional Component

DATE: April19th, 2024

Time: 10-12pm

LOCATION: 221 West 107th Street
Between Broadway and Amsterdam Avenues



ABSW Older Adult Center









COLUMBIA UNIVERSITY

Free Blood Pressure Screening



Nutritional Component and More....

Date: April 12th, 2024

Time. 11am-3pm

Location: Jackie Robinson Older Adult Center

1301 Amsterdam Avenue

Jackie Robinson Older Adult Center





CHURCHWIDE COMMUNITY OUTREACH

EXTENSION DE LA IGLESIA COMUNITARIA

SATURDAY, APRIL 27, 2024 Sabado, 27 de Abril, 2024 RAINDATE: SATURDAY, MAY 4, 2024 FECHA DE LLUVIA, SABADO 4 DE MAYO

11:00AM - 1:00PM

Community Mana Ministry
Evangelism Ministry
Healing Hope Ministry
Health Ministry
Helping Hands Ministry





FOOD SOPA



CLOTHES



HIV/AIDS UPDATES



BLOOD PRESSURE

CONVENT AVENUE BAPTIST CHURCH
420 WEST 145TH STREET
NEW YORK, NY 10031
REV. DR. JESSE T. WILLIAMS, JR. - SENIOR PASTOR



122-03 SMITH STREET JAMAICA, NY 11434





CANCER EDUCATION

DIGESTIVE HEALTH





























4th Annual HEALTH FAIR 2024

COME AND JOIN US!

DATE May 18th

O TIME 11AM-2PM

REPORTION

152nd St, Between Amsterdam and St. Nicholas Ave.

For the event schedule

















STREET CORNER RESOURCES



SPEAK PEACE FORWARD!

Dr. Iesha Sekou – CEO & Founder
CURE VIOLENCE

6TH ANNUAL

HEALTH & WELLNESS FAIR

"The Whole Person Matters"

Dedicated to the People of Harlem We Lost to Gun Violence

Fred Samuel Playground Malcolm X Blvd @ 140th Street

Saturday June 1, 2024 11:00 - 6:00 PM

Live Entertainment
Barbeque
Games

Gifts & Prizes

Face Painting

Dance Contest

Basketball Tournament

Mobile Health Van

Dental Services

Exercise & Self Defense Class

Guest Speakers

Educational Programs

Social Service Agencies

Legal Services

Farmers Market

Health Insurance Orgs

JUNE IS
GUN
VIOLENCE
AWARENESS
MONTH



For More Information Contact:

Maurice Lacey - 347-739-1181 or MLacey.SCR@Gmail.Com Mary Williams - 212-604-8759 or MWilliams@scrnyc1.org





CATHEDRAL COMMUNITY CARES IN PARTNERSHIP WITH COLUMBIA INSTITUTE FOR TRAINING OUTREACH AND COMMUNITY HEALTH (InTOuCH)

WILL BE HOSTING
BLOOD PRESSURE SCREENING DAY
SUNDAY, June 2nd, 2024
FROM: 9:30 AM TO 12:30PM





ESPLANDE GARDENS, INC HEALTH AND WELLNESS COMMITTEE

PRESENTS

Uncontrollable Blood Pressure & Anxiety Seminar

South Community Room June 6th, 2024 6:30pm-8pm

BLOOD PRESSURE & COVID SCREENINGS
3PM-6PM

Supported by:

Councilman Yusef Salaam, Assemblymember Al Tayor, InTouch Program- Columbia University





CAC CARES & SPREADING LOVE FOUNDATION INC.

PRESENTS:



Knowing
Our Community Event:

SHARING GOD'S LOVE & SERVING OUR NEIGHBORS...

EVENTS:

Health Education Blood Pressure Checks Community Evangelism Clothing Donations

Fun Activities

Raffles Music

8TH JUNE 11AM - 8PM

LET'S SHOW GOD'S LOVE & CARE FOR OUR COMMUNITY!

631-552-9090

Christ Apostolic Church 483 E. Tremont Avenue, Bronx, NY 10457 slovef@gmail.com



Supported By:













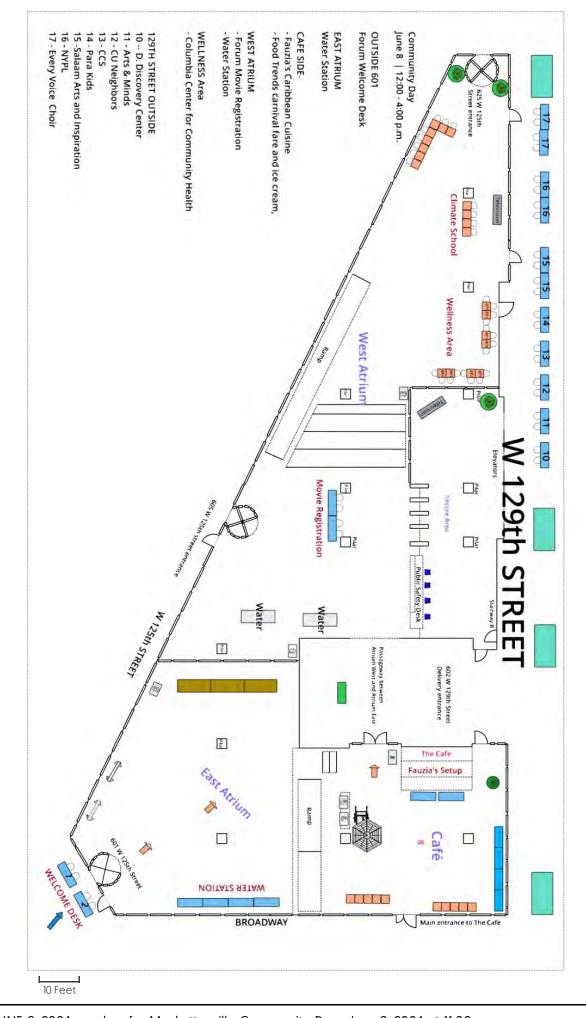






Spreading Love For All, A Smile At A Time...





June 8th 2024

Morris Brown AME Church

Food Pantry Wellness

145-03 Rockaway BLVD

Queens, New York

Vibrant Life Health Series

SPONSORED BY:

BETHEL, HANSON PLACE AND KINGSBORO SDA CHURCHES

OFFERING

Blood Pressure Screening



June 8
June 12
June 13
June 14
June 15
6:00 – 7:00 P.M.

LOCATION:

88 Hanson Place, Brooklyn, New York

JOIN US FOR THE 4TH ANNUAL

Juneteenth

JUBILEE BLOCK PARTY

SATURDAY JUNE 15

12:00 PM - 3:30 PM

AT SAINT NICHOLAS 114TH - 115TH STREET

REGISTER TO ATTEND:

ENJOY: DRUM CIRCLE, FREE BOOKS, LIVE PERFORMANCES, ART & WELLNESS, FACE PAINTING & MAGIC SHOW, CHESS & LEGOS, AND MORE!



IN COLLABORATION WITH:















SCIENCE & COMMUNITY HEALTH DAY



Saturday, June 15, 2024 11:00 am - 4 pm

390 Fort Washington Avenue, New York, NY 10033 Between 177th and 178th Streets

Join Us for Physical Activity Demonstrations. Enter to win a raffle.

Attend one or more talks with doctors and scientists on:

- Stroke
- Heart Disease
- Integrative Medicine
- Heat and Health
- Pelvic Floor Disorders and Obesity
- Pain Management
- Strength and Movement Demonstration (adapted version available)
- Lyme Disease

FREE Registration Required

Seating is limited. Save your spot by registering. To RSVP, call (646) 697-2274 or scan the QR code with your smart phone.





















JOIN US FOR THE 4TH ANNUAL

Juneteenth

JUBILEE BLOCK PARTY

SATURDAY JUNE 15

12:00 PM - 3:30 PM

AT SAINT NICHOLAS 114TH - 115TH STREET

REGISTER TO ATTEND:

ENJOY: DRUM CIRCLE, FREE BOOKS, LIVE PERFORMANCES, ART & WELLNESS, FACE PAINTING & MAGIC SHOW, CHESS & LEGOS, AND MORE!



IN COLLABORATION WITH:













NORTH MANHATTAN ALUMNAE CHAPTER, DELTA SIGMA THETA SORORITY, INC. & FORT WASHINGTON COLLEGIATE CHURCH INVITE YOU TO JOIN US FOR

A CELEBRATION OF FREEDOM: EMANCIPATING THE MIND, BODY, AND SPIRIT THROUGH SOCIAL **ACTION**

NMACDST'S ANNUAL

CELEBRATION CELEBRATION

CELEBRATION

JUNE 16, 2024 1:00 - 3:00PM

With Special
Health Screening &
Tibetan Healing Bowl

FORT WASHINGTON COLLEGIATE CHURCH 729 W. 181ST. NEW YORK, NY 10033

STEP INTO AN UNFORGETTABLE EXPERIENCE AS WE HONOR THE VIBRANCY OF AFRICAN AMERICAN AND CARIBBEAN HERITAGE! JOIN US FOR A CELEBRATION BRIMMING WITH MUSIC, ENTERTAINMENT, CRAFTS, GAMES, GIVEAWAYS, AND SO MUCH MORE. LET'S COME TOGETHER TO REJOICE IN THE RICHNESS OF OUR SHARE HISTORY AND CULTURE.

ADMISSION IS FREE | ALL YOUTH MUST BE ACCOMPANIED BY AN ADULT









e Boys and Girls Club of Harlem is hosting a **Juneteenth Day of Gratitude** on **Wednesday, June 19th from 10:00am-4:00pm** (vendors set up at 9:00am). We're looking to have a table where we offer FREE blood pressure checks for staff, parents, supporters and the community. We were hoping that you and your committee could offer these services on Juneteenth. Please let me know if you're available. Thank you.

Kim Middleton Miller
Executive Administrator
Boys and Girls Club of Harlem
521 West 145th Street
New York, NY 10031
[o] 212-283-6770 x515
[e] kmiddleton@harlembgc.org
https://www.bgcharlem.org





11th





Wasking to encourage and upsift as those that are suffering with Chronic Jiseases



For we walk by faith, not by sight

Saturday, June 22, 2024

Start Time: 9:00 am



Location: 162-04 Tuskegee Airmen Way Jamaica, NY 11433

\$25.00 Registration Fee Per Person







For More Information call: 718-658-4981 or 718-658-4983

For Groups and Organizations Contact: email: deborah.johnson@thomaswhitejr.org by phone: 718-736-3589













POP UP PICNIC



COMMITTEE PRESENTS

Summer Fun Day

SATURDAY, JUNE 22, 202

12 GO FM - 5:00 PM

Location: Intersection of Casals & Carver Loop

HIDDEN GEMA ARCHERV
CONE MAN BAND JUAN DETEGA
PARKS DEPT. POPPET MISSE

FONY CPR STEEL DRUM BAND

SCAN TO REGISTE

Bring vous own food or purchase from the truck

Information and Table Reservations contact Anika at



mkylegya cume. columbia. edu

HEALTH 8

INFORMATIO

UNITY BAPTIST TABERNACLE

COMMUNITY COMMUNITY

VENDORS NEEDED

SATURDAY, June 22nd
11am to 4pm (Outdoor event)

2nd Avenue and 2nd Street, Mount Vernon, NY

DJ Tri-State Fun & food for kids & adults

Gospel Choirs | Poetry Reading | Praise Dance

FOR INFORMATION

CONTACT CHURCH @ 914-664-1097

Jeannette 101 S. 2nd Avenue, Mount Vernon, NY 10550

Chair Donna Houston & James Houston Rev. Dr. Edward Mulraine, Pastor.

6.26.24

Elder Abuse Awareness Resource Fair Adam Clayton Powell Jr. State Office Building $163~\mathrm{W}~125^{\mathrm{TH}}~\mathrm{St}$







2024 National HIV Test Day **Theme**

"Level up your self-love: check your status."

Friday, June 28, 2024

12:00 noon to 2:00 pm

St. LUKE A.M.E. Church Fellowship Hall - 1872 Amsterdam Ave, NY, NY 10031

Sponsored By:





Free HIV Testing

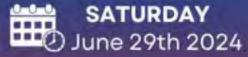


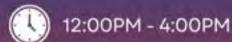
This theme emphasizes valuing yourself, showing compassion and respect, and honoring your health needs with self-love.

> **Health Resources Health Screening** HIV/AIDS Resources **Giveaway Co-Sponsor Black health**

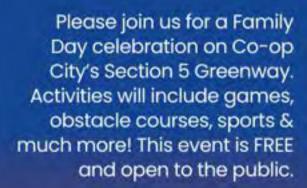


Family EURI DAY





SECTION 5 GREENWAY Enter at Erdman Pl or Erskine Pl



For questions, accessibility, and more please contact Kevon at KBolt@council.nyc.gov or 718-684-5509.



Connect with us at www.linktr.ee/cmkevincriley

OUR LADY OF REFUGE CHURCH 12th ANNUAL







Sunday, June 30th, 2024 9:00am--3:00pm

FREE SERVICES

Blood Pressure, Diabetes & Cholesterol Screening	Breast Cancer Awareness/ Mammogram Screening
Cardiologist/EKG Screening	Nutritional Counseling
Mental Health Screening	Advance Care Directive
Prostate & Colon Cancer Awareness	Child/AdolescentPrevention
AIDS/HIV Counseling	Fire Safety Education/CPR
Dental Screening	Business and Financial information
Eyes Exams	Insurance Information
Podiatrist	Home Care Information
Smoking Cessation/COPD/Asthma Information	Massage Therapy
Natural Health information	Medicare & Medicaid Information

Come & Learn – Bring your Questions – Talk to
Health Professionals
Get information
Get screened
Find resources
Referrals
Give aways" & much more





Co-Sponsored by:

HEARTSMART OF NY PRESBYTERIAN AMERICAN-ITALIAN CANCER FOUNDATION SISTER MARIE OF FATIMA FOUNDATION GREEN TREE TOURISM, LLC L&M NETWORK SERVICE, INC MOBILE PROSTATE CA.,

MOUNTSINAI

1087 Ocean Avenue 718) 434-2090/347-220-2203 (Transportation- B49 & B8 to the corner of Foster & Ocean Avenues; Q train to Newkirk Plaza) JAMES WELDON JOHNSON HOUSES RESIDENT'S ASSOCIATION INVITES YOU TO JOIN THEM AT

WELLNESS WEDNESDAYS J CONCERT SERIES J

AT THE JWJ HOUSES COMMUNITY CENTER AMPHITHEATRE

1833 LEXINGTON AVE

JULY 10TH, 17TH, 24TH, 31ST, & AUG 7TH

11AM-2PM

- MUSIC
- HEALTH SCREENINGS
- INFORMATION BOOTHS
- RAFFLES AND GIVEAWAYS
- AGES 55+



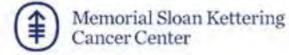
SPONSORED BY:

healthfirst













Welcome to our Family day workshop Presented : By Family Partnership and Bleu Sky Insurance Solutions sponsored by VNS Health

*

Where: In the front yard of 2440 Boston Rd

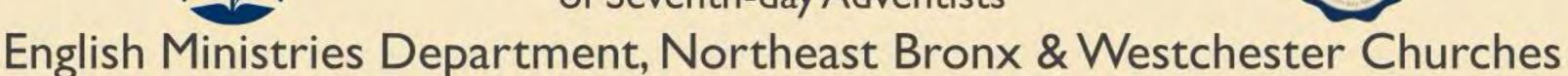
When: July 12, 2024

Time: 1PM - 4PM

Contact Person: Ms. Finlay 917-842-7542



of Seventh-day Adventists





HEALTH 2024 STOO

July 14, 2024 10:30am-3:00pm



Victory Seventh-day Adventist Church 1271 Burke Ave, Bronx, NY 10469

FREE

- Blood Pressure Checks
- Weight Checks
- Chiropractor
- Social Worker Referral, and Assistance with Living Wills, Advance & Directives
- Podiatrist

The Mind Body Connection



SAT., JULY 20, 2024 - 12pm to 4pm

Jackie Robinson Park Bandshell 48 Bradhurst Ave. (& 148th St.) New York, NY 10039 To vend or table visit www.hcci.org or call 212-281-4887, ext. 200



July 20t2024

Morris Brown AME Church

Food Pantry Wellness

145-03 Rockaway BLVD

Queens, New York









WORLDWIDE LIVING GOD

PRESENTS

COMMUNITY HEALTH FAIR



BACK SCHOOL

SATURDAY, JULY 20, 2024 @ 12:00 - 3:00PM

METROPLUS
CON EDISON
COLUMBIA IN TOUCH
STARLETT PODIATRY
SAJI'S PURPOSE, INC
SECURITY MUTUAL LIFE INS
DPC - DIALYSIS PATIENT CITIZENX
SUNY DOWNSTATE MED CTR

HEALTHFIRST
NATIONAL GRID
NYC DEPT OF HEALTH
WOODHULL HOSPITAL
DIVERSE OPPORTUNITIES
THE WAY MIN - WITHOUT WALLS
CHRIST BEACON HEALING MIN
NY PRES/WEILL CORNELL CTR

WORLDWIDE LIVING GOD MINISTRIES

720 CLEVELAND STREET, BKLYN NY 11208

FOR MORE INFO

CALL 917-370-7850

COME JOIN US!

HAMILTON HEIGHTS COMMUNITY HDFC
CHILD'S MEMORIAL CHURCH OF GOD IN CHRIST
PRESENTS...



SATURDAY, JULY 27, 2024

WEST 148TH STREET
BETWEEN AMSTERDAM AND BROADWAY
11 AM

FREE HEALTH SCREENINGS & MORE!

- Diabetes Information
- Backpack Giveaway
- Blood Pressure Screening
- NYPL Book Giveaway
- Prostate Cancer Screening
- Colorectal Cancer Screening
- HIV Testing

- KIDS KORNER- Arts and Crafts
- Dental Kits
- Substance Abuse Information
- CPR Mobile Unit
- Body Focus Repetitive Behavior Information

Trichotillomania: Hair Pulling, Skin Picking, Nail

Biting Information

SPECIAL THANKS TO OUR VENDORS!



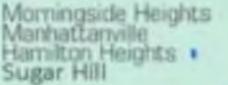
















HAMILTON HEIGHTS COMMUNITY HDFC
CHILD'S MEMORIAL CHURCH OF GOD IN CHRIST
PRESENTS...



SATURDAY, JULY 27, 2024

WEST 148TH STREET
BETWEEN AMSTERDAM AND BROADWAY
11 AM

FREE HEALTH SCREENINGS & MORE!

- Diabetes Information
- Backpack Giveaway
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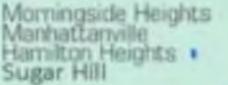


















SUNDAY July 28, 2024

10AM - 4PM



FREE TO THE PUBLIC

MEET THE PROFESSIONALS



EDUCATIONAL MATERIAL



FREE HEALTH SCREENINGS



COMMUNITY ACTION



New Brighton Community SDA Church 420 Targee Street, Staten Island, NY 10304



simmhealthny@gmail.com

HOSTED BY



Staten Island Medical Missionaries 420 Targee Street Staten Island, NY 10304







https://www.facebook.com/statenislandmedicalmissionaries

WHERE SHOULD I BE?

BLOOD PRESSURE

• Normal: Less than 120/80

• Prehypertension: 120/80 to 139/89

• Hypertension: 140/90 and higher

BLOOD GLUCOSE

• Normal: under 99 mg/dl and below

Prediabetes: 100-125 mg/dl to 139/89

• Diabetes: 126 mg/dl and above

 Blood sugar should be less than 100 after an 8 hour fast and less than 140 during the rest of the day

CHOLESTEROL

<u>Total Cholesterol: Desirable less than 200 mg/dl</u>

Borderline high: 200-239 mg/dl

• High: 240 mg/dl and above

HDL CHOLESTEROL

An HDL cholesterol of less han 40 mg/dl is a major risk factor for heart disease

LDL CHOLESTEROL

• Optimal: Less than 100 mg/dl

• Near Optimal: 100-129 mg/dl

• Borderline High: 130-159 mg/dl

• High 160-189 mg/dl

• Very High: 190 mg/dl and above

BMI (Body Mass Index) is a measure of body fat using height and weight

• Normal Weight: BMI = 18.5 - 24.9

• Overweight: BMI = 25 - 29.9

• Obese: BMI = 30 or greater

<u>Waist Circumference</u> more than 40 inches in a man and more than 35 inches in a woman indicates a high risk of type 2 diabetes, high blood pressure high chlesterol and heart disease.

BODY FAT PERCENTAGE is the percentage of fat your body contains.

MEET THE PROFESSIONALS



Pre Diabetes Risk Testing



Bayview Dental Care



Children's Activities



Walking Group and Road Runners Association Information

COMMUNITY ACTION



Housing, Advocacy, Immigration Affairs, Mental Health Services, Hospital Information

Senior Care Assistance, Crime Assitance, Immigration Affairs, Foster Care Information



HEALTH SCREENINGS



Heart Health



Breast Cancer Information



Your Health 8 Laws of Health and more...



simmhealthny@gmail.com

Taken from 3/22 Daniel Health Challenge Presentation

https://www.facebook.com/statenislandmedicalmissionaries













St. Luke A.M.E. Church

Senior Pastor Orsella Hughes

1872 Amsterdam Ave, Harlem -New York, NY

INITIAL COLLABORATORS

- St. Luke A.M.E. Church Community Outreach Ministry
 - Society of Black Vascular Surgeons
 - SANO Health ARM

PARTNERING ORGANIZATIONS

- American Diabetes Association
- American Heart Association
- Treat Me Right Inc.
- Mt. Zion Lutheran Church
- Harlem Hospital Center
- St. John's Baptist Church
- National Financial Group
- Lambda Kappa Mu Upsilon Chapter

- NYC Dept of Health and Mental Hygiene
- Office of Congressman Adriano Espaillat
- Columbia University
- Williams Institutional CME Church

Charles R. Drew Medical Society (CRDMS)

- NYU Grossman School of Medicine Institute for Excellence Health Equity
- Faith Community Project New York State Department of Health





PRESENTED BY THE HEALTHCARE EDUCATION PROJECT, OUR LADY OF LIGHT HEALTH MINISTRY AND THE JAMAICA COMMUNITY PARTNERSHIP.

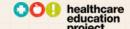


Featuring vendors: NYC Early Intervention, Jamaica Community Partnership, Health First, Addabbo Clinic, Live On NY, Queens Community House, SHARE Cancer, Center For Independence Of The Disabled, NY, The Silvercrest Center Affiliated with New York Presbyterian Queens, & FEMA

CHILDREN MUST BE PRESENT TO RECEIVE BACKPACKS

MUSIC BY DJ WOLF VENDOR SET UP AT 9:30 AM

For more information email Marcelle Dinnall of the Healthcare Education Project at Marcelle.Dinnall@1199funds.org















3rd Annual **Back to Beautiful!** Guns down! Brushes Up

FREE!!

AUGUST 24TH, 2024 12:30 PM-5PM

128TH STREET BETWEEN LEXINGTON & 3RD AVENUE, NEW YORK, NY 10035

CREATING A SAFE SPACE FOR OUR YOUTH & FAMILIES, THROUGH THE ARTS!

RESOURCES FOR ALL!

CONTACT US AT WWW.ARTINTHEPARK128.ORG TO LEARN MORE.

TRIBUTE AND SCHOOL SUPPLY GIVEAWAY

DONATIONS ACCEPTED. VOLUNTEERS NEEDED





















Foodtown



















Saturday, August 24th

" 2nd Annual Back to School Community Event"

10a to 12:30pm

1621 Pilgrim Ave, Bronx, NY 10461.

HEALTH AND WELLNESS FAIR

BACK TO SCHOOL

Spring Green Baptist Church

1257 College Ave Bronx NY 10456

Saturday
August 24th 2024

10 Am - 4 Pm







presents our

12th Annual Summer BBQ Block Party!



2125 Watson Ave. Bronx, NY 10472 Saturday, August 24, 2024

1:00 - 4:00 PM

IN PARTNERSHIP WITH:







Assembly Member Karines Reyes 87th District







Our Lady of Lourdes Church & Worldwide Association of Small Churches Presents Health Fair & Back to School Giveaway





Saturday August 24, 2024 12 Noon until Supplies last

2089 Nostrand Avenue, Brooklyn, NY 11210 Between Farragut and Glenwood Road

We are Giving away free school supplies, along with other useful information.

For more information:

Contact: Telephone (718) 434-9755 / (347) 328-4654 / (917) 370-7850









FRESH DILS MINISTRIES

HELP US CELEBRATE 10 YEARS OF MINISTRY SUNDAY SEPT 8TH AT 12:30PM

Fun & Games
Prayer
Food
Worship
Clothes
Fellowship



PHILIPPIANS 1:6

Being confident
of this very
thing, that he
which hath
begun a good
work in you will
perform it until
the day of Jesus
Christ



Rev Adrienne Croskey , Pastor Fresh Oils Ministries 163 ST NICHOLAS AVE NY.NY 10026 718-753-1441 ZOOM



SCAN ME







YOUTH, SPORTS & MENTAL HEALTH

Date: Saturday, September 14, 2024

Conference: 10:00 AM - 1:00 PM

Wellness Street Fair 1:00 PM - 4:00 PM

First Corinthian Baptist Church
1912 Adam Clayton Powell Jr Blvd, New York, NY 10026



















COTTON CANDY

LITURGICAL DANCERS **ELECTED OFFICIALS**

POWERFUL DI **HEALTH & WELLNESS**

FREE FOOD **BOUNCE HOUSE**

COMMUNITY RESOURCES FUN GAMES

III LOCK THE DATE ON YOUR CALENDAR NOW III INVITE YOUR FAMILY AND FRIENDS TO ATTEND AND HAVE LOTS OF FUN AND MEET NEW PEOPLE!



















ANNUAL COMMUNITY

Honoring Pastor J.G. McCann Sr.

SATURDAY, SEPTEMBER 21ST

ST. LUKE BAPTIST CHURCH **103 MORNINGSIDE AVE**

12:00PM - 03:00PM

FREE LUNCH







Help us give 100 kids in West Harlem school supplies for the upcoming year by participating in our Amazon wishlist: Search "2024 SLBC Community Day"

Christ • Church • Community

Rev. Dr. Shane Hilliard, Pastor

"PREPARATION" Proverbs 16:1-3; Matthew 22:37

TRIUMPHANT LIFE CHURCH LIFE CH

"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." 3 John 1:2



Sat, September 21 at 10 am- 1 pm



- PRAYERS OF HEALING & DELIVERANCE
- HEALTH SCREENINGS SUCH AS DENTAL, MAMMOGRAMS, BLOOD PRESSURE, GLUCOSE CHECKS, ETC.
- **FITNESS WORKSHOPS**
- **GIVEAWAY ITEMS**
- **CPR TRAINING**

NEED A FREE
MAMMOGRAM?







Brooklyn Neighborhood Health presents

Fall Fest

Annual Fall Fair





Knowing your health-related numbers, such as blood pressure, can help prevent or manage chronic illness.

Join us for:

- Free health screenings
- Health information and workshops
- Recognition of community health workers and partners
- Community resources
- Prizes



Scan the QR code or visit bit.ly/BrooklynFallFestival2024 to register!



Saturday, September 28, 2024 Rain date: October 5, 2024

11 a.m. to 4 p.m.

Bedford Health Center Parking Lot 485 Throop Ave. (between Putnum and Madison) Brooklyn, NY 11221







Interpretation services are available upon request. For more information or to request an accommodation, contact 718-637-5317 or cjosephleconte@health.nyc.gov at least 72 hours before the event.











