



Be Active! – Fitness Resources in NY

Free NYC fitness programs:

- ◆ Shape Up New York is a FREE fitness program for the whole family. There are various classes and activities to choose from. No pre-registration is required. All classes are one hour in length.
http://www.nycgovparks.org/sub_things_to_do/programs/shape_up_ny/shape_up_ny.html
Several available locations and hours in Manhattan, Bronx and Brooklyn
- ◆ BeFitNYC: Activities ranging from rock climbing, yoga pilates, hockey to soccer can be found in a variety of places across NYC and at different affordability and availability.
<http://www.nycgovparks.org/befitnyc>
- ◆ NYC Department of Parks & Recreation: Find special events everyday year round in your borough!
http://www.nycgovparks.org/sub_things_to_do/upcoming_events/events_search.php

Physical Activity for Everyone

There is no need to think of strenuous exercise or boring workouts. Instead, do the fun activities you enjoy and watch the health benefits follow!

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Physical Activity for a Healthy Weight

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

http://www.cdc.gov/nccdphp/dnpa/healthyweight/physical_activity/index.htm

Powerful Bones. Powerful Girls.™

This girl-friendly Web site helps girls understand how weight-bearing physical activity and calcium can be a fun and important part of everyday life.

<http://www.girlshealth.gov/bones/>

BAM! Body and Mind

Designed for kids 9–13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

http://www.bam.gov/sub_physicalactivity/index.html



AFFORDABLE MEDICAL CENTERS

Community Health Centers:

Community Health Care Centers provide comprehensive and cost effective primary care and supportive services that promote access to health care. These centers accept health insurance and also provide services to the uninsured on a sliding fee scale.

IMPORTANT: Clinics vary in range of services provided. Please contact the clinic(s) in which you are interested to verify the type of services offered as well as location and hours of operation. For an updated list of community health centers, please visit <http://www.chcanys.org>

CHCANYS Community Health Care Association of New York State	Telephone Number
Bronx	
Bronx-Lebanon Hospital Center 1276 Fulton Avenue Suite 401-402 Bronx, New York 10456	(718) 466-6072
Comprehensive Family Care Center 1265 Franklin Avenue Bronx, New York 10456	(718) 405-8053
Dr. Martin Luther King Jr. Health Center (Montefiore) 1621 Eastchester Road Bronx, New York 10461	(718) 503-7714
Montefiore Family Health Center 360 East 193rd Street Bronx, New York 10458	(718) 933-2400
Montefiore Medical Group Comprehensive HCC 305 East 161st Street Bronx, New York 10451	(718) 579-2597
Morris Heights Health Center 85 West Burnside Avenue Bronx, New York 10453	(718) 716-4400
Soundview Health Center 731 White Plains Road	(718) 589-2232



Bronx, New York 10473	
Urban Health Plan 1065 Southern Boulevard Bronx, New York 10459	(718) 991-4833
Brooklyn	
Bedford/Stuyvesant Family Health Center 1413 Fulton Street Brooklyn, New York 11216	(718) 636-4500
Brooklyn Plaza Medical Center 650 Fulton Street Brooklyn, New York 11217	(718) 596-9896
Brownsville Multi-Service Family Health Center 592 Rockaway Avenue Brooklyn, New York 11212	(718)345-5000
Lyndon B. Johnson Health Complex 276 Nostrand Avenue Brooklyn, New York 11205	(718) 783-3352
ODA Primary Care Health Center 14-16 Heyward Street Brooklyn, New York 11211	(718) 260-4600
Sunset Park Family Health 150 55th Street Brooklyn, New York 11220	(718) 630-7216
Manhattan	
Betances Health Center 280 Henry Street New York, New York 10002	(212) 227-8408
Boriken Neighborhood Health Center 2253 Third Avenue New York, New York 10035	(212) 289-6650
Callen-Lorde Community Health Center 356 West 18th Street New York, New York 10011	(212) 271-7200
Charles B. Wang Community Health Center 268 Canal Street New York, New York 10013	(212) 379-6988
Community Health Care Network	



79 Madison Avenue New York, New York 10016	
Heritage Health Care 1727 Amsterdam Avenue New York, New York 10031	(212) 862-0054
Institute for Urban Family Health 16 East 16th Street New York, New York 10003	(212) 633-0800
Ryan/Chelsea-Clinton Community Health Center 645 Tenth Avenue New York, New York 10036	(212) 265-4500
Settlement Health & Medical Services 212 East 106th Street New York, New York 10029	(212) 360-2661
William F. Ryan Community Health Center 110 West 97th Street New York, New York 10025	(212) 316-7906
Queens	
Joseph P. Addabbo Family Health Center 67-10 Rockaway Beach Blvd. Arverne, New York 11692	(718) 634-2155
Project Samaritan Health Services / Damian Family Health Center 137-50 Jamaica Avenue Jamaica, NY 11435	(718) 298-5100



DOHMH CLINICS

The Department of Health and Mental Hygiene offers individuals and families free health services including immunizations, sexually transmitted disease testing, tuberculosis services, and flu shots. There are no income or immigration status requirements to receive these services. The clinics are open to the general public.

Please call the center to confirm its hours before you go and to make an appointment for the service you need.

NYC Department of Health and Mental Hygiene Clinics	Services	Telephone Number
Bronx		
Morrisania Health Center 1309 Fulton Avenue, 1st floor Bronx, New York 10456	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment of STDs	(718) 579-4157/4161 (718) 579-7714
Tremont Health Center 1826 Arthur Avenue, 1st Floor Bronx, New York 10457	-Immunizations for children 4 - 18 years old -Free flu shots	(212) 676-2273
Brooklyn		
Bedford-Stuyvesant Health Center 485 Throop Avenue, 3rd floor Brooklyn, New York 11221	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(718) 574-2462 (718) 574-2462/2463
Brownsville Health Center 259 Bristol Street 2nd Floor, Room 8 Brooklyn, New York 11212	-Free evaluation and treatment for tuberculosis	(718) 495-8234/8235
Bushwick Health Center 335 Central Avenue Brooklyn, New York 11221	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(718) 573-4886 (718) 573-4820/4823
Fort Greene Health Center 295 Flatbush Avenue Extension, 4th floor Brooklyn, New York 11201	-Free evaluation and treatment for tuberculosis -Free evaluation and	(718) 643-8357/ 6551 (718) 643-4133



	treatment for STDs	
Homecrest Health Center 1601 Avenue S, 1st Floor Brooklyn, New York 11229	-Immunizations for children 4 - 18 years old -Free flu shots	(212) 676-2273
Manhattan		
Charles P. Felton National Tuberculosis Center 2238 Fifth Avenue, 1st floor New York, New York 10037	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(212) 939-8403 (212) 690-1760
Chelsea Health Center 303 Ninth Avenue, 1st Floor New York, New York 10001	-Immunizations for children 4 - 18 years old -Free flu shots -Free evaluation and treatment for tuberculosis -Free evaluation and treatment of STDs	(212) 676-2273 (212) 239-1757/3034 (212) 239-1718/0843
East Harlem Health Center 158 East 115th Street New York, New York 10029	-Free evaluation and treatment for STDs	(212) 360-5962
Washington Heights Health Center 600 West 168th Street, 2nd Floor New York, New York 10032	-Free evaluation and treatment for tuberculosis	(212) 491-1661/4453
Riverside Health Center 160 West 100th Street New York, New York 10025	-Free evaluation and treatment for STDs	(212) 865-7757
Queens		
Charles Drew Center 166-10 Archer Avenue, 1st Floor Jamaica, New York 11433		(718) 297-3158
Corona Health Center 34-33 Junction Boulevard, Basement Jackson Heights, New York 11372	-Immunizations for children 4 - 18 years old -Free flu shots -Free evaluation and	(212) 676-2273 (718) 476-7860 (718) 476-7815



	treatment for tuberculosis -Free evaluation and treatment for STDs	
Far Rockaway Health Center 67-10 Rockaway Beach Boulevard, 2nd Floor Far Rockaway, New York 11692	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(718) 474-2100 (718) 945-7150
Jamaica Health Center 90-37 Parsons Blvd, 4th floor Jamaica, New York 11432	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(718) 262-5539 (718) 262-5572
Staten Island		
Richmond Health Center 51 Stuyvesant Place, 4th floor Staten Island, New York 10301	-Free evaluation and treatment for tuberculosis -Free evaluation and treatment for STDs	(718) 420-1028 (718) 420-4994/4995

New York's Online Directory of Free and Low-Cost Health and Social Services

<http://www.hitesite.org/>