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www.smartuniversity.org

East Harlem Neighborhood Health Action Center
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SMART University

is our signature 24-week treatment, prevention, and health education series that addresses the physical, psychological, and social needs of self-identified women living with or affected by HIV. Over the course of three 8-week sessions, volunteer instructors from diverse professional fields including health, mental health, nutrition, and law lead classes that introduce students to new information and resources, helping them connect to services and utilize knowledge for healthier, more abundant living.



SMART Art & Technology

is the creative arm of SMART, including both SMART Art and SMART Computer programs.

SMART Art provides participants a classroom structure for exploring and developing creative design skills, both as a meditative practice and a means of communication and connection with others.

SMART Technology teaches basic computer and internet skills, equipping participants with the ability to actively engage on social media, research topics of interest, and create documents such as resumés and flyers.



SMART Community Forums

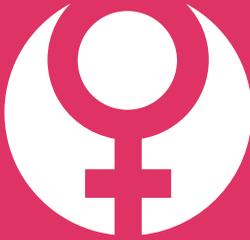
are led by experts from diverse fields to deliver cutting-edge information about health/social issues and offer resources for healthier living. These forums are open to all and offered in partnership with other community-based organizations to reach the broadest possible audience and build supportive relationships.

SMART Youth

is a peer-designed leadership program that utilizes nutrition education to promote comprehensive health for youth ages 13-22 of all genders and sexual orientations. Each 8-week session of SMART Youth includes weekly hands-on training in cooking skills and healthy meal preparation. Youth then enjoy the meal they have prepared while engaging in facilitated discussions about HIV/AIDS education, sexual and reproductive health, LGBTQ rights, and advocacy.



SMART



**Sisterhood Mobilized for
AIDS/HIV Research & Treatment**



**FOOD as
TREATMENT &
PREVENTION**

www.smartuniversity.org

SMART

SMART was founded in 1998 by women living with HIV/AIDS at a time when HIV-affected women had little or no access to information or resources devoted to their unique needs. Seeking to fill this vacuum, the women of SMART, led by our founding director Susan Rodriguez, began to amass information and forge alliances with professionals in the fields of health, treatment, law, and social services to create a hub of learning and support.

SMART has since grown into a transformative nonprofit agency where self-identified women gain power and healing through education, self-advocacy, community building, and leadership development. Honing our focus on nutrition education, our SMART philosophy is "food as treatment and prevention."



SMART

a partner project of the Fund for the City of New York, a 501 (c)(3) nonprofit organization. Contributions are greatly appreciated and are tax-deductible to the maximum extent allowed by law.

To donate, please visit www.smartuniversity.org/donate

SMART Food for Life

is our overarching nutrition education and cooking project that incorporates healthy eating practices throughout all of SMART's programs and activities. We are committed to sharing nutrition information, healthy and safe cooking techniques, healthy adaptations of traditional ethnic dishes, and low-cost recipes with women and youth who are eager to improve their health and well-being. The SMART Food for Life initiative includes:



SMART Body

is a hands-on cooking and nutrition education class that teaches healthy eating and safe food preparation to help women heal and manage chronic illnesses such as HIV/AIDS, heart disease, diabetes, and high blood pressure. Weekly recipes incorporate a variety of local, seasonal, and ethnic ingredients as participants create delicious dishes together. Pantry bags are distributed at the end of each class!



SMART Ambassadors

are women and youth who participate in our weekly programming and display a willingness and ability to lead by example. The Ambassador program has grown from our practice of nurturing participants to serve as helpers and mentors in our classes and activities. It is a substantive program that includes extensive training and shouldering of responsibility, and is a critical component of our workforce in the Food for Life project.



SMART HEART Activism

is a civic engagement series that explores societal barriers confronting low-income, self-identified women of color, and how to address and overcome them. Over the course of three 8-week sessions, leaders in social justice fields conduct classes in civics education, advocacy, and self-defense to promote social awareness and build a supportive community, as well as utilizing art-making techniques that facilitate healing through personal and collective expression. SMART HEART was launched in Fall 2018 through major funding from the Red Hot Organization.



SMART Merch

Deck yourself out in SMART HEART gear! Go to our webpage to purchase: www.smartuniversity.org/merch

