

# Fall 2020

at SMART 

Through December of 2020, SMART will not be conducting any of our regular in-house programming at the East Harlem Neighborhood Health Action Center. Instead, we are offering a weekly online series of livestreaming videos called

## SMART Live! Culinary Workshops

Join us on  
**Facebook**  
every Thursday at 11am  
as our SMART culinary instructors lead  
step-by-step healthy cooking demonstrations!

[www.facebook.com/smartuniversity](http://www.facebook.com/smartuniversity)

more



SMART also offers **SMART Tutorials**, a “virtual community of learning” providing instructional videos on topics such as healthy cooking, kitchen safety, art-making, basic computer instruction, basic word-processing instruction, healthy ways of coping with stress, and much more.  
[www.smartuniversity.org/smart-tutorials](http://www.smartuniversity.org/smart-tutorials)

All are welcome to view our SMART Tutorials and SMART Live! Culinary Workshops, but to receive the full benefits and incentives SMART has to offer, you must make an intake appointment and become an active member of our SMART community of women.

## Join SMART!

To schedule an intake appointment (either virtually, by phone, or in-person with mandatory masks) contact:

**Sam Clare** at (646) 772-0028  
[sam.clare@smartuniversity.org](mailto:sam.clare@smartuniversity.org)

or **Tara Pierce** at (917) 375-1341  
[tara.pierce@smartuniversity.org](mailto:tara.pierce@smartuniversity.org)

You will then be eligible for grocery store gift certificates, fresh produce bags, one-on-one tech instruction, art projects (with all materials provided), and much more!

SMART/East Harlem Neighborhood Health Action Center  
158 East 115th Street, New York, NY 10029  
[www.smartuniversity.org](http://www.smartuniversity.org)