

Tuesdays at SMART  **2020 Winter Session**

January 7 – February 25, 2020

1



Muay Thai & Yoga
with John Cumper

9:15 – 10:15am

2

SMART  **UNIVERSITY**


11:00am – 12:30pm

Lunch at 12:30pm

Learn about topics affecting your health & well-being!
(*Check our website for weekly topics!)

3



SMART  HEART
Activism

Make your voice heard!

**1:00 –
2:30pm**

East Harlem Neighborhood Health Action Center

158 East 115th Street, New York, NY 10029

(Corner of Lexington & 115th St./#6 Train to Lexington & 116th St.)

OPEN TO ALL SELF-IDENTIFIED WOMEN. If you are interested in attending SMART classes, please contact Tara at (212) 289-3900 to schedule an intake interview prior to attending class for the first time. Refreshments and a Metrocard provided at each class.

***www.smartuniversity.org**