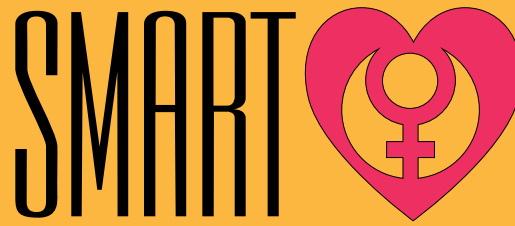
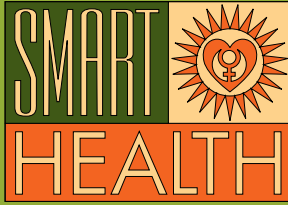


SMART Health

SMART Health is an in-person outreach initiative designed to maintain a consistent presence in the community and provide PPE and up-to-date health information. During each of our three weekly tabling events, we share health kits, promote harm-reduction and safer sex practices, and encourage participation in SMART's programs. SMART Health activities are staffed by SMART Ambassadors/Influencers (participants in our programs) who function as trusted messengers in the community. Ambassadors at each tabling event also share literature and referrals for IPV services, housing assistance, COVID testing and vaccination, and emergency food programs.

Visit us on Wednesdays at 9am at both the King Towers Senior Center and the East Harlem Neighborhood Health Action Center, where we will be hosting outdoor tabling events every week. Our SMART Youth Influencers are hosting their own tabling event on Saturdays at noon in front of the East Harlem Neighborhood Health Action Center, so please drop by!

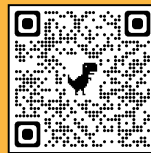


SMART was founded in 1998 by women living with HIV/AIDS at a time when HIV-affected women had little or no access to information or resources devoted to their unique needs. The women of SMART, led by our Founding Director Susan Rodriguez, began to chart their own path through the HIV/AIDS treatment landscape, amassing information and forging alliances with professionals in the field to create a hub of learning and support. SMART has since grown into a transformative nonprofit agency where low-income women affected by HIV/AIDS gain power and healing through education, community-building, and leadership development. Our mission is to open doors for women who have faced the greatest societal barriers.

If you would like to become a SMART participant,

contact tara.pierce@smartuniversity.org or **212-289-3900** to schedule an intake appointment. The intake interview will be conducted over the phone and is confidential.

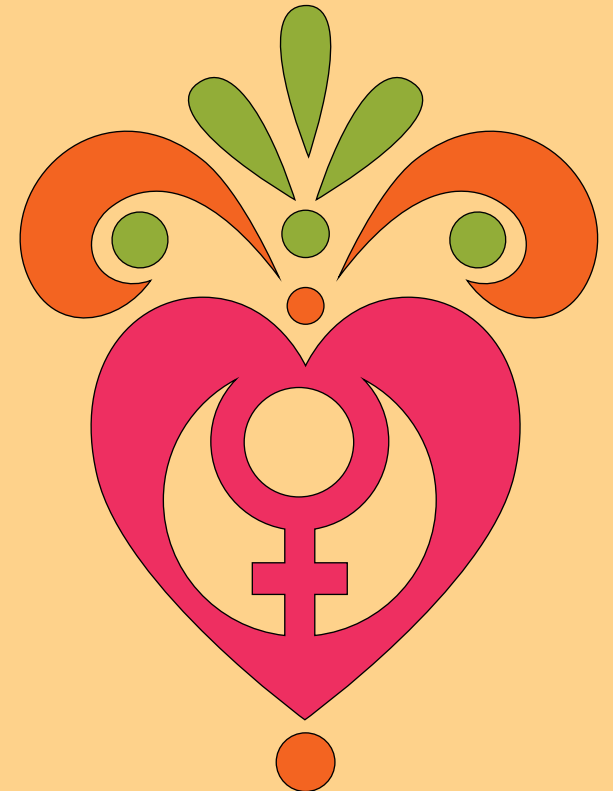
www.smartuniversity.org



East Harlem Neighborhood Health Action Center
158 East 115th Street, New York, NY 10029
(212) 289-3900 | info@smartuniversity.org

SMART

Sisterhood Mobilized for
AIDS/HIV Research & Treatment



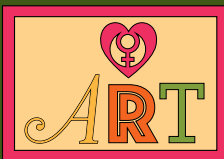
www.smartuniversity.org





SMART Steps Walking Group

is a seasonal outdoor activity where women can connect in-person in a safe, health-focused way. Participants meet in Jefferson Park at the track to share a time of physical activity and social interaction. This healthy outing serves to address the need for exercise as well as combat instances of depression and isolation. Join us!



SMART Art

provides a meditative focus that is also fun and stress-relieving. Our SMART Art

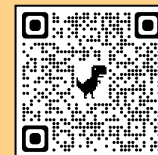
instructor designs imaginative felt sewing projects organized into "kits" for participants to work on at home at their own pace. The step-by-step instruction is also available online, reinforcing SMART's emphasis on tech savviness.



SMART Live!

Our livestream classes on Facebook are open to the public to view.

Visit SMART's Facebook page!



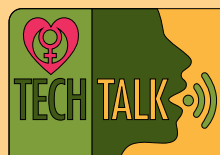
SMART Live! University

is a comprehensive education curriculum covering topics such as physical/mental health, nutrition, IPV, advocacy, law, financial literacy, and other areas concerning overall well-being and readiness for engaging with complex life issues. Each class is led by a guest professional in the pertinent field and provides information and resources necessary for participants to make informed decisions about their health and wellness. University classes are exclusive to SMART clients due to the confidential nature of information that may be shared. A Zoom link is provided.

SMART Live!	UNIVERSITY
Presented on Zoom	
Carb Counting	
presented by Arielle Kestenbaum/Fare Meals	
Writing Workshop	
presented by Frances Wood/SMART	
Trauma	
presented by Melanie Sisti/Cornell	
Budgeting	
presented by Tianna Anderson, Search and Care	
Elder Justice	
presented by Margaret Woods/NYC Aging	
Housing 101	

SMART Live! Culinary Workshops

(live-streamed on Facebook) are interactive cooking and nutrition classes that encourage and support healthy eating. Featured recipes spotlight specific health issues that can be mitigated through food choices. Class instructors, working from their home kitchens, present step-by-step recipe preparation as participants follow along with comments and questions in the Facebook chat. Instructors are then able to answer questions in real time at the end of their presentations.



SMART Live! Tech Talk

(live-streamed on Facebook) helps participants become more comfortable using digital devices to access internet resources and view SMART's virtual programs. SMART's Technical Director provides step-by-step guidance in creating email accounts, shopping safely online, and finding reliable sources for health information, among other useful internet topics.

