

Family Wellness Suite



Post Partum Care & Recovery

In this class we help families in both understanding and how to plan on navigating common physical, mental and even emotional changes after baby's arrival.

Neighborhood Health
Action Center
158 E 115th ST
New York, NY 10029

10AM —12PM
February 8
April 12*(11am-1pm)
May 24

5PM—7PM
February 22
May 10

To register or for more information, contact at **HarlemFWS@health.nyc.gov**