

# FREE Health Services Available

EAST HARLEM  
ASTHMA CENTER  
OF EXCELLENCE



SHAPEUPNYC



FITNESS CLASSES

ONE-ON-ONE  
ASTHMA  
COUNSELING



ASTHMA  
EDUCATION



EAST HARLEM  
ASTHMA CENTER  
OF EXCELLENCE

INDOOR  
PEST AND MOLD  
REMOVAL



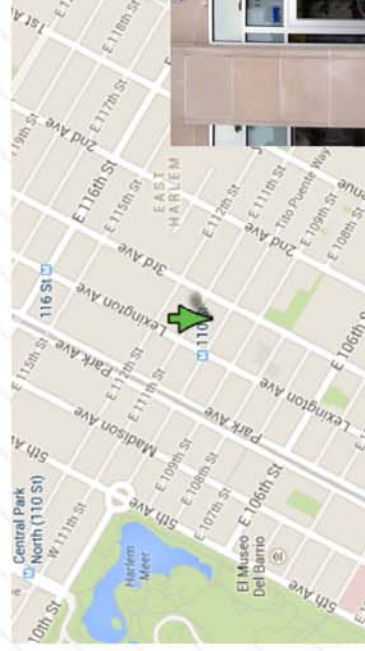
COMMUNITY  
HEALTH  
WORKSHOPS



Many children and adults in East Harlem have asthma. The East Harlem Asthma Center of Excellence (EHACE) provides individuals and families free services to help control their asthma and improve their overall health. EHACE is a program of the New York City Department of Health and Mental Hygiene's East and Central Harlem District Public Health Office.

**EHACE IS LOCATED AT:**  
**161-169 EAST 110TH STREET**  
**NEW YORK, NY 10029**

**CONTACT:**  
**PHONE: 1-888-247-8811**  
**FAX: 212-996-8752**  
**EMAIL: EHACE@HEALTH.NYC.GOV**  
**MONDAY - FRIDAY 9 AM - 5 PM**



**We're on Tumblr!**

Visit <http://nychealthynighborhoods.tumblr.com/> to see our events, programs, and resources in action in the community!