



FREE VIRTUAL COOKING AND FITNESS CLASSES!

Hosted by the SBH Health and Wellness Center

Interested in becoming a healthier you?

Join the SBH-Healthplex Fitness Center and SBH Center for Culinary Medicine and Teaching Kitchen for 8 weeks of free personal training sessions and healthy cooking classes.

Am I eligible?

This program has 125 spaces and is open to residents of the Bronx.

Do I need to know how to exercise or cook?

No! This program is open to all skill levels. We will assess your knowledge and skills at the beginning and end of the program to track your progress.

What happens when I finish the program?

Those who complete all 8 weeks will receive a free 6 month membership to the Healthplex Fitness Center.

How to Sign up

Your doctor can make a referral for you, and someone from the Wellness Center Team will contact you about the program.

You can also fill out an information form yourself ([Click Here](#)). After you fill out the form, a member of our team will contact you about the program.

Still have questions? Please contact **Daniel Bonilla at 718) 960-9473; or email: dbonilla@sbhny.org**

