



**FOR IMMEDIATE RELEASE**

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**Bronx Council on the Arts presents**  
**COMMUNITY ARTS TUESDAY in Westchester Square**  
**Join us March 25, 2014, 6:00-8:00pm, at BCA @ 2700**  
**In Celebration of National Nutrition & Women's History Month**

**Zumba Fitness Class | Health & Nutrition Table | Nutrition Talk | HIV Testing | Sexual Health Education**

(March 14, 2014—Bronx) The Bronx Council on the Arts (BCA) invites you to our March 25th's **COMMUNITY ARTS TUESDAY** from 6:00-8:00pm, at BCA @ 2700 East Tremont Avenue (corner of St. Raymond Avenue) in the Westchester Square section of the Bronx. Join us, along with representatives from Wellcare and the William F. Ryan Community Health Center, and as we celebrate **National Nutrition & Women's History Month**. The evening will include a free Zumba fitness class, a health & nutrition table, a nutrition talk, HIV testing, sexual health education and nutritional smoothies. Admission is free and all are welcome.

**RSVP:** [032514HealthCAT.eventbrite.com](http://032514HealthCAT.eventbrite.com) or 718-931-9500 x12 or x33.

**Dancer/choreographer and BCA teaching artist Milteri Tucker** will lead a Zumba fitness class, so ladies leave your heels at home. Zumba is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. Learn more about Milteri at [www.milteritucker.com](http://www.milteritucker.com).

**Wellcare** will provide health and nutrition information, a nutrition talk by health consultant Rosalind Francis and nutritional smoothies for those in attendance. WellCare provides managed care services including a variety of health plans for families, children, and the aged, blind and disabled, as well as prescription drug plans. Learn more about WellCare at [www.wellcare.com](http://www.wellcare.com).

**The William F. Ryan Community Health Network's** Prevention, Education and Outreach will provide rapid HIV testing and sexual health education in their health van in rear parking lot. The Ryan Network is family of community health centers located in Manhattan that delivers world class, culturally competent medical care to the people of New York City. Learn more about the Ryan Center at [www.ryancenter.org](http://www.ryancenter.org).

**COMMUNITY ARTS TUESDAYS** are networking opportunities to gather with our Westchester Square neighbors and friends, introduce the BCA staff and rub elbows with members of the newly formed Westchester Square BID.

**Directions:** BCA @ 2700 is located at 2700 East Tremont Avenue (corner of St. Raymond Avenue) in the Westchester Square section of the Bronx. BX 40 & 42 buses stop right in front of the building. Stops for BX 4, 8, 21 and 31 buses and the #6 subway are within blocks of the building. **Information:** 718-931-9500 x 12 or 33.

**The Bronx Council on the Arts** celebrates its 50th year as a private, non-profit membership organization that is the official cultural agency of Bronx County. Recognized nationally as a leading arts service organization in providing cultural services and arts programs, BCA serves a multicultural constituency of almost 1.4 million residents. BCA provides an array of services to over 5,000 artists and more than 250 arts and community-based organizations.

*This event is made possible with the support and contributions from the New York City Department of Cultural Affairs, the New York State Council on the Arts, Lambent Foundation Fund of Tides Foundation, and New York City Council Member James Vacca.*

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**Bronx Writers Center • BCA @ 2700 • Longwood Art Gallery • [bronxarts.org](http://bronxarts.org)**  
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