



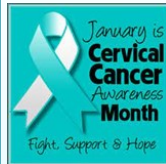
Here's to a Happy and Prosperous New Year ~ Choose a Resolution for a for a Healthier You!

Think about cutting back smoking! Save a bit of money every week!  
Get an annual check up! Eat colorful plate of fruit and veggies!  
Ask for help and support from friends and family!

Health &  
Wellness



**Albany County Department of Health**  
Flu Vaccine- call to schedule an appointment or walk in  
COVID Vaccine- Walk in  
Call 518-447-4589 for more info or to schedule



**January is Cervical Health Awareness Month**

Reduce your risk against Cervical Cancer by getting vaccinated against HPV and getting regular pap testing.  
Check with your health care provider for more information

Parents  
&  
Families



**Early Childhood Education | Community & Career Services | Energy Services**  
**Head Start & Early Head Start—Open for Enrollment**  
Career Service • Home Weatherization • Rental Assistance • Food Pantry • & More  
333 Sheridan Ave • Albany, NY 12206 • (518) 463-3175 • [albanycap.org](http://albanycap.org)

**School Based Health Center (SBHC)**

Available to all students living in the Albany City School District  
Services available include: physicals, sick visits, vaccinations and COVID 19 testing  
Call (518) 407-0172 to schedule an appt. Paperwork at [wmyhealth.org](http://wmyhealth.org) or the school nurses office



**Alpha Pregnancy Center**

Offering Childbirth Preparation, Parenting Classes and Support Groups  
Classes held via Zoom; pre-registration is required

Call (518) 462-2188 to join!



Other  
Services



**Are you in need of free and healthy food?**

The Free Food Fridge of Albany is available to help!  
Visit [www.freefoodfridgealbany.com](http://www.freefoodfridgealbany.com) for a complete list of locations

In Albany: The Free School, In Our Own Voices, Albany Center Gallery, Radix Center, Albany Barn, Boys and Girls Club



**Trinity Alliance Food Pantry**

15 Trinity Place or 47 Lark St, Albany  
Photo ID and a piece of mail or lease arrangement to prove an area address.  
Pantry will be open 5 days per week for on-site pickups.  
Monday – Friday 9:30am – 4:30pm.



National Grid employs Consumer Advocates to assist income-eligible and special needs customers facing financial hardship. Consumer Advocates also offer a variety of services to homebound customers.

For more information, customers are encouraged to contact a consumer advocate in your area  
Upstate New York: 1-800-642-4272 or [ConsumerAdvocatesUNY@nationalgrid.com](mailto:ConsumerAdvocatesUNY@nationalgrid.com)



**Albany County Offers Services for Women, Infants, & Children**  
Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30

The Single Point of Entry Referral Form and information is now available online: <http://www.albanycounty.com/spoe>.  
Operators available to answer questions, offer support and make referrals to medical and dental providers, counseling, self-care education and more

