



# "A Healthy Start Matters"

EAT WELL  
BE WELL

**Community Health  
Festival**  
**Saturday, September  
28, 2019**  
**10:00am-12:00pm**  
**Bertie County YMCA**  
**1102 North King Street**  
**Windsor, NC**

Everyone is welcome to come out and enjoy free training, activities on healthy lifestyle changes, preventive measures, benefits of eating fresh fruits/vegetables, tips for growing, preparing them, fun physical activities and free health screenings.

Sponsored by:  
CADA Head Start/Early Head Start  
Program 

Funded by Vidant Community Benefit Grant