



"A Healthy Start Matters"

EAT WELL
BE WELL

**Community Health
Festival**
**Saturday, September
28, 2019**
10:00am-12:00pm
**Roanoke Life Center
(Mudcastle)**
192 Hilltop Drive
Garysburg, 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, herbs, bee keepers and free health screenings.

Sponsored by:
CADA Head Start/Early Head Start
Program 

Funded by Vidant Community Benefit Grant