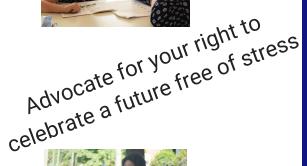
## CHANGE YOUR STORY

CAN WE WORK WITH EACH OTHER TO GREATE A DIFFERENT FUTURE FOR THE NEXT GENERATION?







LET'S REWRITE OUR FAMILY HISTORIES OF: HIGH BLOOD PRESSURE, DIABETES, HEART DISEASE, PANIC ATTACKS, STROKE

Let's share a mission to change our history

Your story matters. Your history makes sense. You can write your future.

ASHEVILLE MIDDLE CAFETERIA

DINNER: 5:00 PM

LEARNING & CONVERSATION: 5:30-7:00 PM

TUESDAYS: OCT. 16, 23 & 30,

Nov. 13 & 27, Dec. 4

Childcare is provided at no cost, including homework help for school age children.











