

CHANGE YOUR STORY

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



Advocate for your right to celebrate a future free of stress



*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.

