

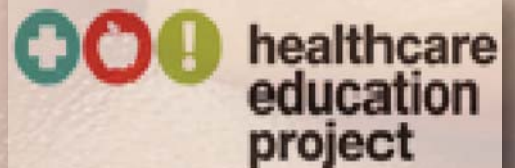
Healthcare Disparities Start Early.

At breakfast.
And last far past supper time.

But.

We can take matters into our own hands, improving health outcomes and building stronger communities.

Learn how with us.



There is a lot we can do to improve our health .
But, in many communities it's not just hard to do the right things,
it's nearly impossible.

Obesity, type-I I diabetes, and hypertension are epidemics plaguing our communities.
Learn where to buy healthy foods and how seemingly small step can dramatically improve
your life, your neighborhood and our collective future.

September 25, 2010
11am-3pm
Nubian Directions
248 Main St.