



Association of Mexicans in North Carolina, Inc.
"Fostering the appreciation, understanding, and prosperity of the Mexican and Latino Community through Advocacy, Culture, Education, Health, and Leadership."

Dear Community Members,

The Association of Mexicans in North Carolina, American Heart Association, and Aramark would like to cordially invite you to our 1-hour course called "Be Healthy for Life." This event will take place on September 24th, 2022, from 10 am to 11 am. The location will be the ENC Training Building at 1412 Evans St., Greenville, NC 27834.

The purpose of this event is to educate participants on what healthy food can do for their bodies, learn the different types of health levels, and set up health goals. Our participant goal is at least thirty community members, and those who participate will receive a free food bag and educational materials on healthy eating.

If you are interested in signing up for this 1-hour course, please call Bianca Perez at 252-624-6631, Juan Pablo at 919-394-8218, or the AMEXCAN Office at 252-329-0593. You may also email Natalia Figueroa-Bernal at nfigueroa@amexcannc.org. You will be asked to provide your name, phone number, and email address. Thank you!

Sincerely,

Natalia Figueroa-Bernal, Health Programs Director,

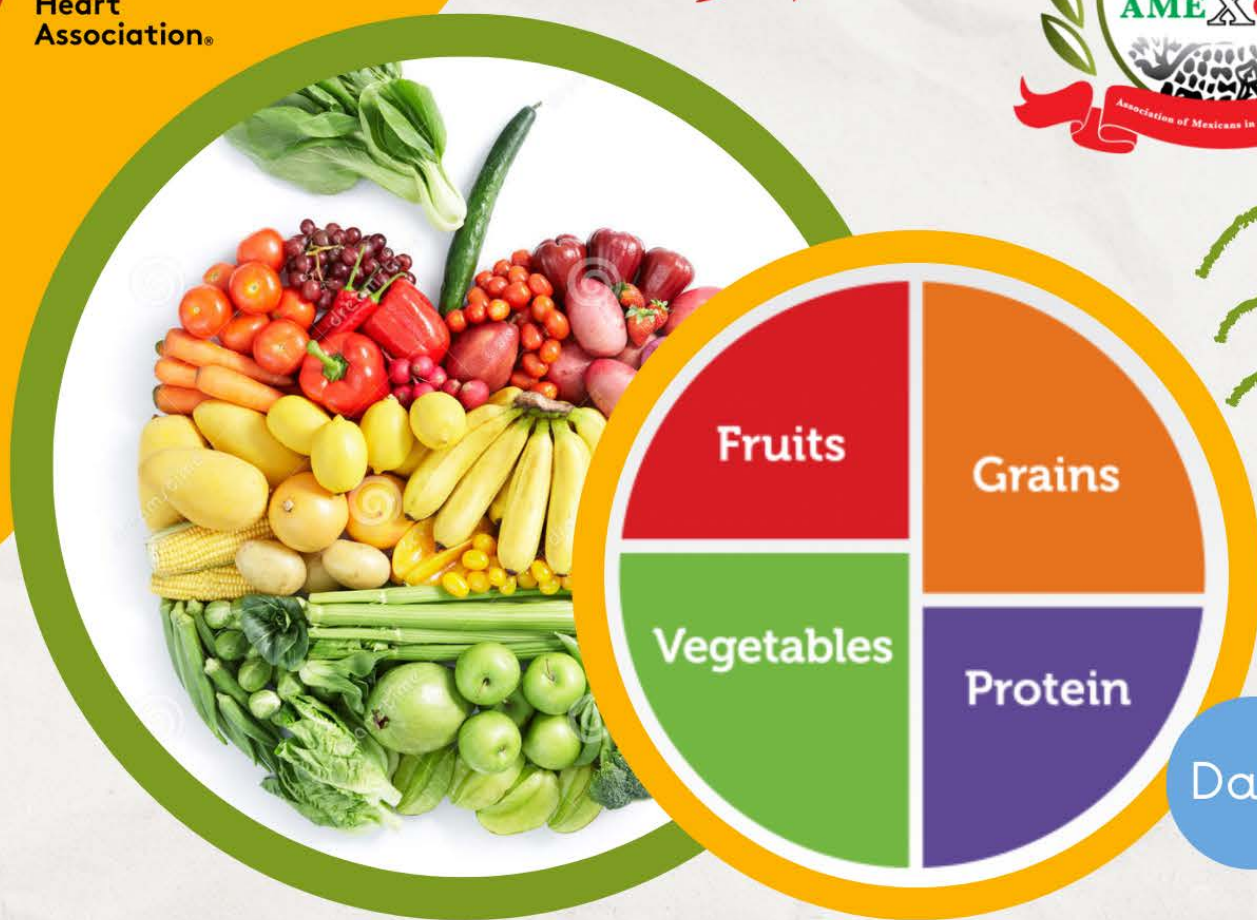
Bianca Perez, Director of Community and Cultural Affairs,

Juan Pablo, Director of Community Outreach,

The Association of Mexicans in North Carolina (AMEXCAN)



American Heart Association®



Maintain a healthy life!

Learn how healthy foods can better your life.

Date: September 24th, 2022, 10 am to 11 am

Location: ENC Training Building
(1412 Evans St., Greenville, NC, 27834)

Call to Register:
252-624-6631 (Bianca),
919-394-8218 (Juan Pablo),
252-329-0593 (Oficina de AMEXCAN)

Email to Register:
Natalia at nfigueroa@amexcanncc.org



North Carolina Latino Health Alliance



Unidos por nuestra salud





American Heart Association®



¡Mantenga una vida saludable!

Descubra lo que la comida sana puede hacer por usted.

Fecha/Hora: 24 Septiembre 2022, de 10 a.m. a 11 a.m.

Lugar: ENC Training Building
(1412 Evans St., Greenville, NC, 27834)

Inscríbese llamando a:
252-624-6631 (Bianca),
919-394-8218 (Juan Pablo),
252-329-0593 (Oficina de AMEXCAN)

O escriba al correo electrónico de Natalia en:
nfigueroa@amexcannc.org



North Carolina Latino Health Alliance



Unidos por nuestra salud

