

# 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**

**ACES COLLABORATIVE**

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

