

# Growing Healthy Families

Lincoln County Health Department

200 Gamble Dr., Lincolnton, NC

Tuesday, April 09, 2019

4:00 PM - 7:00 PM

You and your family are invited to join us at our  
**FREE Growing Healthy Families Event**  
at the Lincoln County Health Department!

## Event Activities Include:

- FREE Blood Pressure checks and Hemoglobin\* screenings!
- Healthy Cooking Demonstrations in our Education Kitchen with tasty treats to sample!
- Family Games including a Kid's Dance Zone and an Indoor Obstacle Course suitable for children and adults of all ages!
- FREE book giveaway for children ages 0 to 5 years of age, also Sign-Up to receive a FREE book every month through Dolly Parton's Imagination Library for eligible children!
  - Car Seat education, visuals and handouts!
- Promotional giveaways, information and activities that your entire family can enjoy, and much more!

\* A low Hemoglobin may indicate anemia, which may be improved by eating iron-rich foods.

**The Growing Healthy Families Event is hosted by the Lincoln County Health Department, in partnership with the Lincoln County WIC Department, Lincoln County Parks and Recreation, and the Partnership for Children of Lincoln and Gaston Counties.**