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Dear Supporter of Health Education and Prevention:

Incorporated in 1987, the Alice Aycock Poe Center for Health Education (Poe Center) is a 501(c)(3) nonprofit organization that provides North Carolina children, youth and their families with outcome-based health education programs designed to educate and empower community members to make choices that increase positive health behaviors.

The following statistics are more than mere numbers; they can impact both an individual's quality of life and have a tremendous negative economic affect.

- It is estimated that the cost of unhealthy lifestyles, including lack of physical activity and inadequate consumption of fruit and vegetables, cost North Carolina \$24.1 billion per year.
- Total annual health care costs in North Carolina directly caused by smoking are estimated at \$2.46 billion.
- North Carolina is consistently ranked ninth in the nation for teen pregnancy rates

**Your help is critical!** Through your support, the Poe Center can continue to make this vital health education programming available to youth across our state.

To be able to provide these valuable programs for all youth in North Carolina, the Poe Center must keep admission fees low. The Poe Center charges only **\$6** per student; however, it costs the Poe Center **\$15** per student to deliver our health education programs. In an effort to keep program costs affordable, the rest of The Poe Center budget must be raised from friends like you. We need your support now more than ever!

***This year the Poe Center is pleased to offer our holiday giving package:***



- **“Give the Gift of Health Education”** is the Poe Center's campaign to provide health education to children and youth in North Carolina.
- For every \$15 you give a child will have the opportunity to attend a Poe Center's health education program and a “Poe Child” will be placed on our holiday tree.
- An acknowledgement card, like the image to the left, will be sent to the individual or family you honor or memorialize.
- In addition, we will place their name in our Virtual Honor or Memory Books on the Poe Center's website.

Please consider making a donation to the Poe Center. Your contribution will allow us to continue to provide quality programs to youth that will enable them to make healthy choices and lead healthy lives. Thank you for taking the time to consider a gift of health education for N.C. children. On behalf of the Poe Center Board and Staff we wish you a happy holiday season and the best of health in 2012.

Regards,

Ann Rollins  
Executive Director