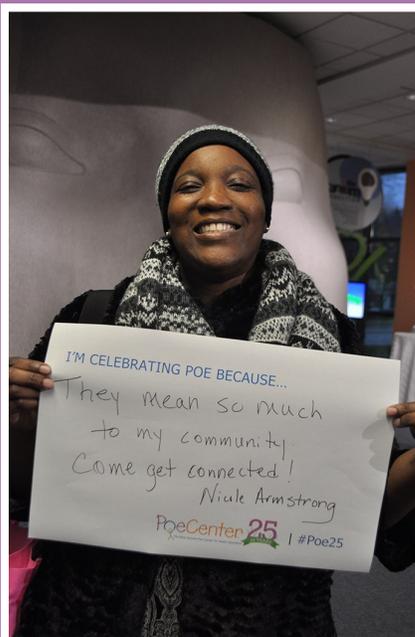




## Provide Opportunities in Education: Empower NC Families with a Year-End Donation.

Looking for a meaningful gift to give this holiday season? Give the gift of health education. Make a donation to the Poe Center and support North Carolina families, such as the Armstrongs.

### Meet Nicole Armstrong



Nicole Armstrong celebrates Poe because of the Center's impact on her family and community. Her daughter Elise attended the Poe Center's **Healthy Habits Camp**, a free summer camp for eligible children, for two years before becoming a camp counselor. Last summer she clocked 40 volunteer hours and says "Healthy Habits Camp was her favorite week of summer break." Ms. Armstrong takes advantage of Poe's programs for parents, such as "**Parents Matter**," a workshop which helps parents talk with their children about sexual health and responsibility. The programs have been so helpful that the Armstrongs often bring family and friends with them to Poe's programs.

Your \$15 donation will provide health education to one child.

\$250 will underwrite the Poe Center's cost to provide health education to a classroom.



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