

nutrition • education • dance

let's
talk^{inc.} heart to heart.
presents:

n.e.d

nutrition
education
& dance



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nutrition

“the act or process of nourishing or of being nourished”

educational

“The knowledge or skill obtained or developed by a learning process”

dance

“A series of motions and steps, usually performed to music”

Obici Foundation

The foundation that provided a grant to fund this program.

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“ this is a GREAT way to gather, educate, and impact our wonderful YOUTH ... ”



Program Location:

Currently the N.E.D. program is conducted at the Boys & Girls Club in Suffolk & Franklin.

Let's Talk Inc. seeks to expand the program to other community organizations. If we are to address the ongoing issues of obesity amongst teens we must all join together as a whole unit to fight the obesity problem.

How You Can Help:

- 1 Sponsor program at your church or organizations
- 2 Financial support
- 3 Partner with Let's Talk Inc.
- 4 Volunteer

n.e.d.....

Is an *interactive nutritional* program aimed at reducing obesity amongst teen living in Suffolk and Franklin.

Program Activities

- 1 Cooking
- 2 Dance
- 3 Snack Competition
- 4 Health & Disease prevention activities
- 5 Teen Group discussions
- 6 Weight Management Information

Our Program:

n.e.d. introduces teens to health promotion and disease prevention strategies to use throughout their entire life time.

