



PROMOTING HEALTHY EATING AND ACTIVE LIVING



Charlotte Wellness Expo

CHARLOTTE
WELLNESSEXPO



FREE AND OPEN TO THE PUBLIC

Healthy. Active. Strong.

The Charlotte Wellness Expo will focus on providing awareness to highlight how the lack of access and consumption of healthy food affects residents in Charlotte Mecklenburg. This event will promote healthy eating and living in targeted communities.

RSVP required by July 22, 2016

<http://charlottewellnessexpo.eventbrite.com>

Thursday, July 28, 2016

Extravaganza Depot
1610 North Tryon St Charlotte, NC
6:30pm – 8:30pm

www.communitydreambuilders.org

www.avidxchangerockandrun.com

(Formerly www.ncrockandrun.com)



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avidxchangeTM





Our committee would like to invite you and/or your organization to participate in the 7th Annual AvidXchange Music Factory 5K Rock 'N Run (August 13, 2016). In its seven years of existence, the Rock 'N Run has become well known as a premier race enjoyed by seasoned or novice runners and enthusiasts alike. This family friendly event will feature live music, vendors and raffle giveaways, in addition to information on healthy living. This event will promote healthy living in targeted communities. We are excited to have you join us this year!

WHEN: Saturday, August 13th, 2016

TIME: 7:00 AM to 10:00 AM

Race time is at 8:00 a.m.

WHERE: AvidXchange Music Factory

1000 Music Factory Blvd

Charlotte, NC 28206

REGISTRATION: \$25 if registered on or before July 25, 2016

**Includes t-shirt and finisher medals*

www.ncrockandrun.com

VOLUNTEER OPPORTUNITIES: Register at www.ncrockandrun.com

Sincerely,

Christopher Dennis

Executive Director

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Michelle Mattison

Committee Chair

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For more information, please visit
www.ncrockandrun.com