



**Do people often come to you for information?
Do you enjoy being a resource for your community?**

If you live or work in **Edgecombe, Gates, Halifax, Hertford, Nash or Northampton County**, you are invited to an exciting training opportunity to become a Community Health Coach!

As a Community Health Coach you will:

- **Coach and motivate** others to make positive changes in their health!
- **Talk** to men and women about improving their health and staying healthy!
- **Talk** with people in your community about the importance of being healthy!
- **Make** a positive and lasting impact on the health of your community!

This four-hour **Community Health Coach Training**, offered by the North Carolina Healthy Start Foundation is designed to start conversations and have people make plans for their health, their future, their family, their finances, their education, their job and even a baby.

Trained and committed Community Health Coaches will receive:

- 1 Free 4-hour training with lunch
- Free materials, resources and great incentives
- On-going support

Trainings will be held each day from 9:00 am – 1:00 pm on:

Saturday, March 6, 2010	Edgecombe Administrative Building Auditorium 201 St. Andrews Street Tarboro, NC 27886
Thursday, March 11, 2010	Roanoke-Chowan Community College Small Business Center 109 Community College Road Ahoskie, NC 27910
Saturday, March 27, 2010	Halifax Community College Building 400 200 College Drive Weldon, NC 27890

For more information on becoming a Community Health Coach, call Larree Cherry at (252) 794-9762 or (252) 794-2527, email larreecherry@yahoo.com