



Seeds for Change Community Outreach

Sow a Seed and Watch It Grow

Have you ever planted a seed and watched it grow?

It all begins with a seed. Seeds contain all the instructions necessary to bring forth life.

A seed is sown, roots are established and life begins.

Resources from local community organizations will be available on site to provide **(seeds)** resources, referrals and information to help individuals and families grow along with a **wellness presentation**.

Event sponsored by the African American Health Coalition.

Free Resources
Free Groceries
Free Mental Health Information

Free Groceries

**Seeds At Downtown
Saturday April 22, 2017**

11:00-1:00 P.M.

222 East 2nd St.

San Bernardino, CA. 92405



United Ways serving
San Bernardino County

