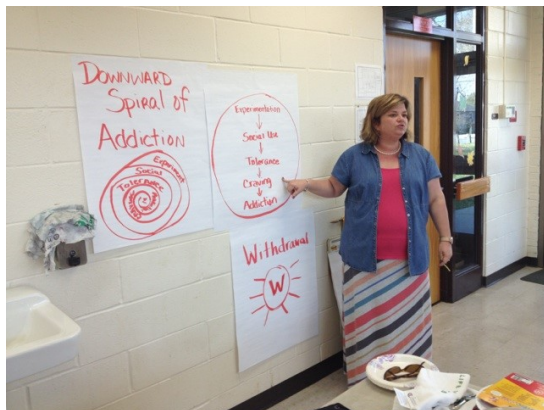


## Community Health and Wellness Education and Promotion

New Bern Parks and Recreation offers a variety of programs that promote physical activity, healthy food and beverage offerings, and nutrition education. The following are examples of programs to promote physical activity: Pickleball drop-in sessions, fitness classes, homeschool drop-in sessions, youth/adult athletics, walking program, Cheer America program, Salle fencing program, and Hopeful Balance yoga. Nutritional education and healthy food and beverages are offered in Cooking Camp, Bear Bunch Camp, YES Camp and After School Program. Campers learn how to make healthy food and learn why certain foods are healthier than others. They are also offered a balanced meal from Craven County School Summer Feeding Program. In the After-School Program the participants learn how to plant and grow a garden, and learn about the dangers of addiction.



6.4.1 – Community Health and Wellness Education and Promotion

