



**Keynote: Dr. Christina Economos, PhD**  
Professor and New Balance Chair in Childhood Nutrition at the Friedman School of Nutrition Science and Policy at Tufts University. She is a nationally recognized leader in obesity research and expert on how to implement high impact obesity prevention initiatives.

# BETHE CHANGE

**Catalyzing Communities to Reverse the Trend of Childhood Obesity**

**Monday, May 20, 2019**

Concord High School Auditorium  
5:30-6 pm — Networking  
6-7:30 pm — Keynote and Recognition  
**FREE Registration**

### Recognition and Awards

Learn about local community partners collaborating to create the change.

**AARP**  
**Abbot-Downing School**  
**Concord Police Department**

## REGISTER TODAY

Visit [capwellness.org](http://capwellness.org) for more information.

  
**LEDYARD**

NATIONAL BANK

*Plan well. Live well.*



Capital Area Wellness Coalition coordinates resources and builds partnerships to increase access and awareness of healthy eating and active living opportunities in the Capital region.

[capwellness.org](http://capwellness.org)

