"The mission of the Health Education Council is to cultivate health and well-being in under-served communities by leveraging the power of collaboration."

Thank you to our supporters who made the HEC mission come alive in 2019! Because of their generosity...

18,000 CHILDREN and FAMILIES received nutrition education.

7,000 HEALTH SCREENINGS AND REFERRALS provided through the Ventanilla de Salud program.

450 AT-RISK YOUTH received mentoring and case management through the SHOP program.

3,000 MILES walked by over 300 Walk with Friends participants.

50,596 POUNDS OF FRESH PRODUCE distributed to low-income residents.

1,500 SPANISH-SPEAKING ADULTS received financial education and coaching.

3950 Industrial Blvd., Ste. 600, West Sacramento, CA 95691

The Health Education Council is a tax exempt organization as described in Section 501(c)(3) of the Internal Revenue Code; EIN 68-0249296