

GRATITUDE REPORT 2019

"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.



450 AT-RISK YOUTH

received mentoring and case management through the SHOP program.

50,596
POUNDS OF
FRESH
PRODUCE

distributed to low-income residents.



 **7,000**

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

3,000  **MILES**

walked by over 300 Walk with Friends participants.

 **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