



GROW Coalition has paired with Russell and Tazewell Counties to bring you all the resources you need in one place to buy and try healthy foods, learn more about nutrition and wellness, places to exercise and spend your free time, agencies that can help you and your family and activities that are fun and mostly FREE!



EAT



LEARN



SWEAT



REACH OUT



HAVE FUN

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<http://growswva.wix.com/growswva>

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GET | HEALTHY

STAY | HEALTHY

*Right here in
Southwest Virginia*