

HEALTH EQUITY HAPPENINGS APRIL 2026

Edgecombe County Community
Health News & Events



Getting Off The Lists to Build a Healthier Edgecombe County

Getting Off The Lists (GOTL) is Edgecombe County's effort to improve health, opportunity, and overall quality of life for our residents. For years, our community has appeared on too many lists measuring poor health outcomes and limited access to resources. GOTL is about changing that by working together to address root causes and connect people to support that makes a real difference. Our four focus areas are: Health Equity, Affordable Housing, Education & Workforce, & Youth & Family Supports.

The Health Equity Advisory Board publishes this monthly newsletter to provide critical updates and share valuable resources. This newsletter highlights services, programs, and events available in our county to help ensure everyone has opportunity to be healthy. For future editions, visit the County website at www.edgecombecountync.gov.

ECU Health Offerings

- April 14th at 6pm: Stroke Support Group, ECU Health Edgecombe Hospital. For more information, contact Robin Lanier 252-641-7711
- April 18th 10a-2p: SpringFest ft. Blue Ribbon Kids Day, Tarboro Town Commons
- Conetoe Family Life Center Produce Truck
 - Tuesdays 2-4p at Pinetops Community Center
 - Thursdays 2-4p at Tarboro Multispecialty Clinic (rear parking lot)
- May 15th at 5pm: 6th Annual Stroke Walk at ECU Health Edgecombe Hospital Walking Track
 - Join us as we walk to honor stroke survivors and remember those we have lost. Refreshments, games, blood pressure checks and prevention information will be available. For more information, call 252-641-7489.



SpringFest, Blue Ribbon Kids Day

**April 18th, 10am-2pm
Tarboro Town Commons**

Join us for a day of community, wellness, and family fun at the Springfest Street Fair, hosted by the Tarboro Development Corporation in partnership with ECU Health Edgecombe Hospital in celebration of Blue Ribbon Kids Day! This exciting, family-friendly event brings together the best of health, wellness, and local flavor- all in one vibrant outdoor celebration. Explore a wide variety of health and wellness vendors, learn about resources that support healthy families, and enjoy opportunities focused on fitness, self-care, and overall well-being. Bring the kids and enjoy amusements and activities designed just for them! There will be something for everyone, we look forward to seeing you there!

Food Distribution at Hill Family Farm

Free food boxes and hot meals while supplies last on **April 18th at 10am**. 9002 Speights Chapel Road, Whitakers. For more information call 757-329-6791

Spring Break Academy by Hill Family Farm

Join us for life skills academy on April 7th and 8th from 9a-1:30p. Free event for ages 10-16. Call 757-329-6791 to register.

Visit the **Braswell Memorial Public Library** and the **Edgecombe County Memorial Library** to learn about their health and wellness programs!

Coping & Recovery Learning Sessions- Hosted by

Learn coping skills, build resilience, improve well-being and foster social connections in a fun, therapeutic environment. Free and open to individuals seeking resources to support their recovery journey from substance use, trauma, or other life challenges.



Carolina Family Health Centers, Inc.

Every Tuesday from 2-3pm at Edgecombe County Memorial Library, 909 N Main St. Tarboro.

Every Thursday from 10-11 am at Braswell Memorial Public Library, 727 N Grace St. Rocky Mount.

For more information, call 252-641-0514 ext. 434.

Food Resources

- Hill Family Farm Community Food Distribution
 - Every 1st and 4th Wednesday at 11:30am, 9002 Speights Chapel Road Whitakers
- Ripe for Revival Mobile Market
 - Station Square Tuesdays 11am-12:30pm
 - Stocks Elementary School Tuesdays 3-4:30pm
- Kelly Community Pantry- 306 E. Church St, Tarboro, open daily
- One Harvest Life Center at Princeville Town Hall, open daily
- Tarboro Community Outreach- 701 Cedar Ln Tarboro (homeless shelter & pantry)
- Women at the Well Pantry at Pinetops Fire Department, open daily
- Conetoe Family Life Center Mobile Market
 - Pinetops Community Center on Wednesdays 2-4
 - ECU Health Multispecialty Clinic on Thursdays 2-4
- Need additional food resources? Text 211Food to 51555

Trillium Health Resources- Free Trainings

Mental Health First Aid: Learn how to assist someone experiencing a mental health crisis

QPR (Question, Persuade, Refer): Learn to recognize the warning signs of a suicide crisis. Save a life from suicide.

Community Crisis Intervention: Mental health, trauma, autism, suicide, substance use, dementia, stigma, and more.

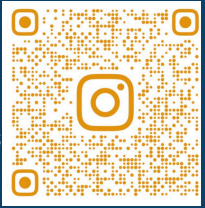
To register or for more information about the above, contact kateisha.jones@trilliumnc.org.



To have your event shared next month, email kya.tyson@ecuhealth.org

Edgecombe Parks & Recreation

Scan the QR code to learn more about parks & rec news & offerings!



2nd Annual Youth-Led Bike Ride

Saturday, April 11th, 10a-1p

One Harvest Life Center is hosting its 2nd annual youth-led community bike ride! All ages are welcome. Join us at the Edgecombe County Administration Building, 201 St. Andrew Steet. To register, please scan the QR code



Free Breast Cancer Screenings

ECU Health Edgecombe Hospital is offering free breast cancer screenings for Edgecombe County residents who are 40 or older and uninsured. Screenings are offered on Tuesdays and Thursdays. To register, call: 252-641-7375.

Free Transportation through Equipping the Community Organization, Inc.

Transportation is available for individuals age 60+ who need assistance getting to medical care, nutrition sites, shopping, education, or community activities. Must reside in Edgecombe County. To receive transportation, please call 252-428-8522. This program is a direct service provision via Edgecombe County Home and Community Care Block Grant funding.

Survey for Residents age 60+

The Edgecombe County Home and Community Care Block Grant committee is asking for your help. We are working to understand the needs of older adults in our county. If you are 60+ or care for someone who is, we would appreciate your input on this survey!

Scan the QR code to access the survey on your phone.

