

5210 LEAGUE

Members of the 5210 League know the importance of leading a healthy lifestyle. Every day they strive to be as active as possible and eat right. Join the 5210 League today by taking the pledge and committing to following these 5210 guidelines.

- EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!**
Growing up to be big and strong starts with eating servings of the right foods. A serving of fruit and vegetables for an adult is equal to ½ cup of raw vegetables or 1 cup of leafy greens, whole fruit the size of a tennis ball, or ¼ cup of dried fruits. For your children, one serving is equal to the palm size of their hand.
- LIMIT RECREATIONAL SCREEN TIME TO LESS THAN TWO HOURS PER DAY.**
Once your child's homework is complete, encourage them to go outside and be active or read a book! By limiting the time they spend playing video games, watching TV or streaming movies, you'll be helping develop healthy habits that will last a lifetime.
- BE PHYSICALLY ACTIVE FOR AT LEAST ONE HOUR PER DAY.**
Playing sports, dancing, taking the stairs and walking around the block are all great ways to start adding more daily activity. Physical activity helps your child feel better, makes them stronger and encourages a healthy heart. Best of all, you can participate and be active as a family.
- AVOID SUGARY DRINKS – GO FOR WATER OR LOW-FAT MILK!**
Water quenches thirst and replenishes nutrients lost during exercise better than any other beverage. Encourage your child to put down that soda or sports drink and pick up a glass of water or milk! Lead by example – choose water over sugary drinks and strive to be healthy together!

For more information, visit CarolinahHealthcare.org/HealthyTogether to learn more healthy tips and ways to incorporate 5210 into your child's daily routines.

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.



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COMMUNITY MEDICAL, PA OF MARSHVILLE

Community Medical, PA of Marshville and Dr. Gary Henry would like to announce the addition of Brandi Thomas, FNP-C, Family Nurse Practitioner to the practice.

As a Union County native, Brandi looks forward to meeting the healthcare needs of her community. Dr. Henry will continue to serve his community, providing the same quality care he has for over 26 years.

Brandi's background is in primary care, chronic disease management, diabetes management/education, hypertension, long term care and aesthetics. She is a Business Management graduate of Wingate University, and has a Masters in Nursing, Family Nurse Practitioner from UNCC.

We are accepting new patients & accept most all insurances. We are here to help you! Call to arrange your appointment today!

Both providers are Federally Certified Medical Examiners and perform DOT exams and Urine/Hair drug testing on-site five days a week.



Dr. Gary Henry



Brandi S. Thomas, FNP-C

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SPCC Offering Science Camp for 6th to 8th Graders

South Piedmont Community College is offering a Science Camp on Tuesday, July 25 for rising sixth to eighth graders. The camp will take place at the Polkton campus in Room 203 of the Martin Tech Building.

SPCC is hosting the NC BioNetwork to help with the camp. Activities include a solar oven, soda rockets and homemade prosthesis devices to name a few. More information is available at www.ncbionetwork.org/educational-resources/activities.

Register at www.spcc.edu/summer-camp. The \$10 registration fee will cover lunch.

Tourism Development Authority Street Pole Banner Program



As part of Anson County Tourism Development Authority's commitment to promote tourism and encourage economic development, the ACTDA is rolling out a street banner program to enhance its streetscapes and promote the community. This is part of the countywide Wayfinding and Branding Project. Banners in the uptown core of Wadesboro are available for sponsorships. The decorative banners are seasonal for spring, summer, fall, Christmas and winter. These banners are seasonal, semi-permanent installations that will be rotated five times per year. These banners are funded by local businesses or individuals as part of the public-private partnership efforts for Tourism and Economic Development in the county.

The themes and design are the responsibility of the Tourism Development Authority that developed the four seasonal and Christmas banners for individuals or businesses to fund or sponsor as a package set.

General Information - The vinyl street banners are sold as sets. The price per set is \$350. The lifespan of banners is approximately 3 years. TDA board members will assess banners on occasion for replacement and return damaged or worn banners. The Town of Wadesboro has agreed to install and change out the banners seasonally.

If you are interested in sponsoring a set of banners please contact ACTDA Vice Chair, Lewis Evans at 704-695-4238.

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