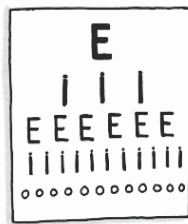


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Brown Bag Book Club Meets October 16

The Hampton B. Allen Library's Brown Bag Book Club will meet on Monday, October 16 at 12 noon in the Pritchett Room. Charles Kaska will be the guest author. He is a Doctor of Psychology and Fellow of the American College of Forensic Examiners. After 40 years of practice he retired to rural Lancaster County, South Carolina and began writing *The Canoeist*. Dr. Kaska will be sharing information about his book.

Everyone is invited to come, bring a covered dish and meet the author. Any questions please call 704-694-5177.

Extra Treats for Halloween at the Chili Luncheon

The Wadesboro Civitan Club is hosting a Fall Chili Luncheon on Tuesday, October 31 at the Firemen's Training Building (on Chief Pope Street just off North Washington Street in Wadesboro). Lunch will be offered from 11:00 a.m. until 1:30 p.m. The lunch includes homemade chili with all the fixin's, crackers, cheese, sour cream and dessert for eat-ins.

Dine-in, take out, or delivery is available (advance reservations only). For delivery reservations, call (704) 694-3185 before 1:00 p.m. on Monday, October 30.

Teenage Depression and Anxiety Workshop

Connections Family Support Program is hosting guest speaker Portia Purcell on Thursday, October 26 at the First United Methodist Church in the Fellowship Hall, from 12 noon to 1:30 p.m. The church is located at 410 East Washington Street in Rockingham.

Ms. Purcell will be speaking on the topic of teenage depression and anxiety. She will explain the signs and symptoms of each diagnosis, sharing coping strategies, and discussing depression and suicide awareness and prevention. She will also provide free resources and offer treatment options for those who are interested.

Ms. Purcell's professional background includes experience working with clients from various socioeconomic and demographic backgrounds. She began her work in community mental health and substance abuse treatment in 2011, and is currently employed with FirstHealth of the Carolinas in Pinehurst as a substance abuse counselor in their Partial Hospitalization Program and Intensive Outpatient Services. She graduated from the University of North Carolina at Charlotte. She is a North Carolina Licensed Professional Counselor, Licensed Clinical Addiction Specialist, and National Certified Counselor.

Family members, providers, and professionals such as teachers, social workers, case managers, therapists, counselors, and court counselors are encouraged to attend. Space is limited so please register in advance, no later than October 23. Lunch will be provided free for participants who are registered. To register for this workshop, please contact Suzanne Maness toll free at 877-211-5995 or by email at connectionsfsp@gmail.com.

Connections Family Support Program is funded by Sandhills Center in collaboration with North Carolina Families United.

SKREET SHOOTING FOR FOREIGN MISSIONS



Registration at 8am

Shoot Begins 9am

Classes for ages 10 & up \$10

All proceeds from the skeet shoot will go to the Lottie Moon Fund for foreign missions. For More information call 704-826-8588

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 Masters in Nursing, Family Nurse Practitioner from UNCC.

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Dr. Gary Henry



Brandi S. Thomas, FNP-C

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And if your little one ever needs exceptional care close to home, Levine Children's Hospital will be there for them, too. Consistently named one of the nation's top children's hospitals, we offer specialized care in more than 30 areas of medicine from neurology to cancer – all in a family-friendly environment that lets your kid be a kid. Our dedicated doctors are even embedded at Carolinas HealthCare System Union, so you get the best children's care without ever leaving your community.

Visit LevineChildrensHospital.org/Best to meet Ellie, connect with our top-rated specialists, and register for Kids Helping Kids Day, happening October 14!