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BWC Spring Into Health Proceeds Benefit Local Organization

SOUTHPORT—Brunswick Wellness Coalition (BWC) held its annual Spring Into Health 5K/1m in different fashion this year. Like many other events, the run went “virtual” for the month of March but used the creative strategy of “microgroups” or small teams as the basis for the virtual run. Small groups and individuals, ages 3 to 82, participated at a variety of indoor and outdoor locations around Brunswick County. Medals were awarded to all participants including the fastest male, Edward Beroset, and the fastest female, Alison Juneau, who were both in the 50+ age group. A new award this year, the Spunky Team Award, was based on the creativity and energy of the team. The Brunswick Senior Resources, Inc. (BSRI) Leland Center team won this coveted award.

Spring Into Health proceeds will be used for health screenings in the county to identify risks of chronic diseases, such as high blood pressure and diabetes. In addition to health screenings, \$1,700 in proceeds will benefit the Southport-Oak Island Kiwanis Club. Current President, Steve Corbett, says “funds will be used to support our children’s programs in Brunswick County.”

The Coalition’s Executive Director, Dr. Leigh Lane, shared that a current partnership with the Southport-Oak Island Kiwanis around healthy food access has allowed expansion of a “Giving Garden” initiative at Horseplay Farms. The Giving Garden is managed through volunteers and donates hundreds of pounds of fresh produce annually to food pantries in Brunswick County. Lane added, “Eating healthy, including at least 5 servings of fruits and vegetables, and moving 30 minutes per day, are steps towards adopting a healthy lifestyle, which can help you prevent or manage health conditions and improve your quality of life..

A special thank you to our major run sponsors, Cape Fear Fitness and Tropical Smoothie Café, along with several BWC partners who offered swag bag donations for drawings to wrap up the run.

The Brunswick Wellness Coalition is a united group of individuals and health-minded leaders with the mission to improve the health of the Brunswick community, and the vision of becoming the healthiest county in North Carolina. BWC is funded through Healthy People, Healthy Carolinas, an initiative of The Duke Endowment. To learn more, visit the website: brunswickwellness.org or Facebook: @BrunswickWellness.

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Kiwanis at Seawatch at Sunset Harbor in Bolivia



Leland Lady Runners at Founders Park in Leland



Kiwanis at Saint James in Southport



Spunky Team Award Winner, Brunswick Senior Resources Inc. Leland Center