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## **BWC receives Inspiration Award from AARP NC**

*The Brunswick Wellness Coalition is 1 of the 7 Brunswick-based organizations to receive the award.*

BRUNSWICK COUNTY, NC – The Brunswick Wellness Coalition (BWC), a group of dedicated organizations and area residents, was honored at AARP's second annual Evening of Inspiration on Friday, November 15. The ceremony recognized individuals and organizations making a meaningful difference in the communities of Brunswick, Onslow, Craven, Dare, Lenoir, Pitt and New Hanover counties.

"Thank you for your vision of healthy lifestyles with evidence based programming, training and empowerment for Brunswick residents through diet and exercise," said Steve Hahn, Master of Ceremonies. "Your goal to improve the health of the community is becoming a reality so congratulations!"

BWC has implemented free, monthly education programs like Health Hacks, a cooking demonstration and nutrition education program in partnership with UNCW and WWAY; and Walk with A Doc, a walking program led by health professionals and held in the Boiling Spring Lakes and Shallotte communities. Health Hacks is held the second Monday of each month at 6pm at the WWAY event center; and Walk with a Doc is held the second Saturday of each month at 9am at the BSL community center and Mulberry Park in Shallotte. For more information on these programs and other initiatives provided by BWC, visit [www.brunswickwellness.org](http://www.brunswickwellness.org). Life/follow BWC on social media at Facebook.com/brunswickwellness | Instagram/@BrunswickWellness | Twitter/@BeWellBrunswick.

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Refer to following pages for pictures.

**About the Brunswick Wellness Coalition:** The Brunswick Wellness Coalition (BWC) is a united group of health-minded individuals and organizations working together to promote healthy eating, active living and overall better health for those that live, work, play and pray in Brunswick County. The mission of BWC is to improve the health of our community with the vision of becoming the healthiest county in North Carolina. BWC is 1 of only 10 county coalitions selected to be part of the Healthy Peoples, Healthy Carolinas Initiative, made possible by the Duke Endowment. For more information or to get involved, email [BrunswickWellnessCoalition@gmail.com](mailto:BrunswickWellnessCoalition@gmail.com) or call 910-444-1872. Life/follow BWC on social media at Facebook.com/brunswickwellness | Instagram/@BrunswickWellness | Twitter/@BeWellBrunswick.



**Picture: BWC Partners Bridget Carol, Community Health Programs Coordinator of the YMCA of Southeastern NC; Sheila Roberts, Executive Director of New Hope Clinic; and, Lindsay Maher, Executive Director of Brunswick Wellness Coalition**

