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## **Brunswick Wellness Coalition hosts Spring Into Health 5K/1M**

SOUTHPORT—Brunswick Wellness Coalition (BWC) is preparing for its annual Spring Into Health 5K/1M on Saturday, March 18. Participants can dress in this year’s theme attire, ‘Decade Dash’ as the route will host featured tunes through the decades. Participants can run, walk, stroll, or roll along the route to raise awareness about living healthy lifestyles. The run will also have a “virtual” option for those who want to participate but are not in the area. All ages, skill levels, and abilities are encouraged to participate. In addition to age category medals, a Spunky Team Award will be presented to the team that embraces the run theme with creativity and energy. If an individual or organization cannot participate but wants to contribute, the run has the option to donate. Donations and proceeds will be used to improve the health of Brunswick County through health screenings, health programming, and access to health services.

As a founding member of BWC and a supporter of community health initiatives, Doshier Memorial Hospital will host the event’s start and finish line. Dr. Leigh Lane, the Coalition’s Executive Director, said “Doshier has been an active partner of BWC since its inception and continues to be a health champion for the community.” At the Gold level, Cape Fear Fitness, serves as the title sponsor for the Spring Into Health 5K/1M. Cape Fear Fitness managing owner and member of the event planning team, Carysa Overcash, expressed the importance for all ages to get moving and has been dedicated to providing fitness opportunities to Southport and surrounding communities.

Early bird registration runs through February 20, which guarantees a t-shirt with registration. Early bird registration fees are: Adults \$20; School age youth: \$5; Ages 0-5: free. To be a supporter, donor, or participant visit the Coalition’s website, [brunswickwellness.org](http://brunswickwellness.org), and click on the BWC 2023 Spring Into Health link.

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](http://brunswickwellness.org) or Facebook: [@BrunswickWellness](https://www.facebook.com/BrunswickWellness).

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