

**FOR RELEASE: MARCH 30, 2018**

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### **More than 200 run, walk at Brunswick Wellness Coalition event**

SOUTHPORT—Spring Into Health community health event by Brunswick Wellness Coalition (BWC) drew 225 runners and walkers on March 24. The 5K run/1-mile walk from Doshers Memorial Hospital around downtown Southport was staffed by 40 volunteers from several community groups, including Generations Church and Doshers staff and hospital volunteers.

“This event is about supporting and promoting an active and healthy community of all ages and abilities,” Lindsay Maher, BWC executive director, says. “Simply walking every day for 30 to 60 minutes can have tremendous health benefits like improved mood, balance and coordination, stronger bones and muscles, and better weight control.”

“We hope this event demonstrates how easy it is to stay active and that it encourages more people to walk or even run each day,” Dr. Scott Starks, BWC chairman, says.

The fastest female runner was Caitlin Lokey, Southport. The fastest male runner was Colin Hackman, Wilmington. Read more about the eighteen medal-winners in six categories at [Facebook.com/BrunswickWellness](https://Facebook.com/BrunswickWellness).

Participants and guests gathered health and wellness material from information tables staffed by Coalition members that day. BWC plans to repeat this event next spring.

For information on BWC education and recreation programs or to help plan the 2019 Spring Into Health event, email the director at [LindsayMaher@Doshers.org](mailto:LindsayMaher@Doshers.org).

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(Editor’s note: See two photos and captions on page 2.)



**More than 200 runners and walkers participate in Brunswick Wellness Coalition's Spring Into Health event on March 24.**



**Cardiac Cruisers—Dosher cardiac rehabilitation patients, family and staff—make up the largest team with 51 registrants.**