

Brunswick Wellness Coalition

News release

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Wellness group plans 2nd walking event

SOUTHPORT—Brunswick Wellness Coalition (BWC) is holding a 5k run/1-mile walk from Doshier Memorial Hospital around downtown Southport on Saturday, March, 24, 9:30 a.m. “Spring Into Health,” is another active living event sponsored by BWC. Registration will open on February 1 at Facebook.com/BrunswickWellness. The cost is \$10 for those who register by February 24; \$20 after that date.

The Coalition’s first active living event in December—a walk by 100 congregants of Ocean View United Methodist Church, Oak Island—surpassed its 6,000-mile goal by nearly 25 percent.

BWC is a health and wellness organization founded by Brunswick County Health Department, Doshier, New Hope Clinic, and YMCA of Southeastern North Carolina. New members are Brunswick County Cooperative Extension, Brunswick Senior Resources, CommWell Health, and New Hanover Regional Medical Center. The Coalition is funded by a Healthy People, Healthy Carolinas grant from The Duke Endowment.

For information on BWC programs, email the director at LindsayMaher@Doshier.org.

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