



Spring 2019 Special Olympics NC Cape Fear Memorial Foundation Health Overview

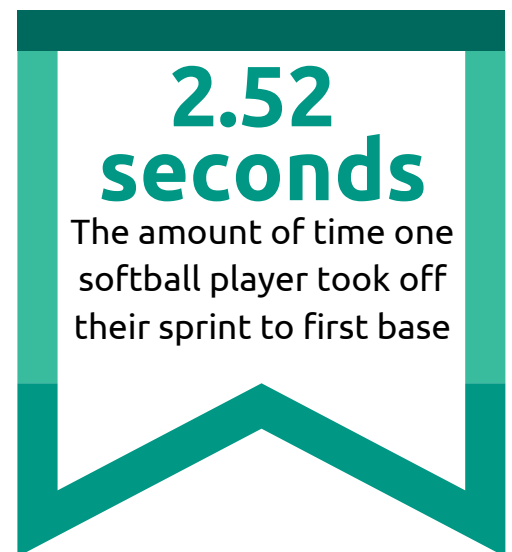
In Spring 2019, **325** athletes in Columbus, New Hanover and Pender counties participated in free sports physicals, dental education, practice-based fitness and nutrition programming and inclusive whole health school programming.



Thanks to the help of local community partners SONC athletes are:

- **gaining increased access to free health care**
- **making healthier choices**
- **feeling more confident and seeing improvement in their sport**

Weekly Healthy Habits



Get Involved!

For more information about SONC health programming or to get involved, email efahey@sonc.net.

Community Sponsor
Cape Fear Memorial Foundation

Community Partners
Cape Fear Community College
Columbus Health Department
New Hanover Regional Medical Center
UNC-Wilmington