



## Spring 2019 Special Olympics NC Cape Fear Memorial Foundation Health Overview

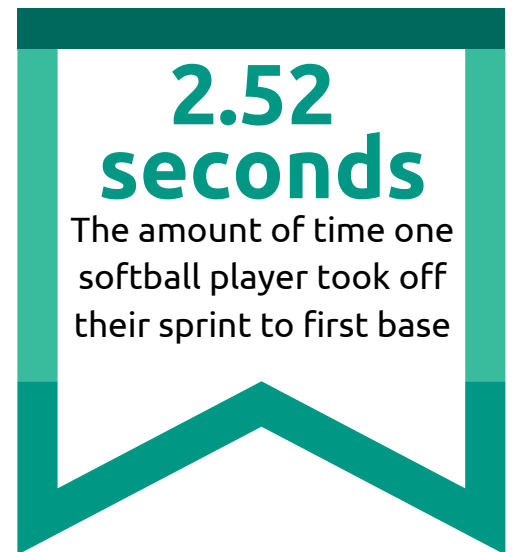
In Spring 2019, **325** athletes in Columbus, New Hanover and Pender counties participated in free sports physicals, dental education, practice-based fitness and nutrition programming and inclusive whole health school programming.



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](mailto: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