



## Community Health Highlights August-September 2016

Wade Family  
Medical  
7118 Main St.  
Wade, NC 28395  
(910) 483-6694

Wade Family Medical DT  
2409 Murchison Rd.  
Suite B  
Fayetteville, NC 28301  
(910) 488-4525

Stedman Family  
Dental  
6540 Clinton Rd.  
Stedman, NC 28391  
(910) 483-3150

### In the Community

#### **August 6th:**

##### **Rhema Ministries Community Outreach Carnival**

11:00 am – 3:00 pm  
530 Horseshoe Rd.  
Fayetteville, NC

#### **Stedman Summer Blast**

10:00 am – 2:00 pm  
Ernest Freeman Town Park  
192 Euclid St, Stedman, NC

#### **August 10th:**

##### **Wellness Wednesday at Murchison Road Community Farmers Market**

10:00 am – 2:00 pm  
Bronco Square, Murchison Rd.

#### **August 13<sup>th</sup>:**

##### **SWHS, Inc. Community Health Walk**

8:00 am – 10:00 am  
Wade Community Park  
4060 Church St, Wade, NC

#### **August 27<sup>th</sup>:**

##### **Umoja Festival**

11:00 am – 7:00 pm  
Smith Recreation Center  
1520 Slater Ave, Fayetteville, NC

*If you have an event that you would like us  
to advertise or attend, please call:  
(910) 483-6694 Ext. 7002*

## Join Us for our **BIGGEST** Event of the Year!



Each year, a week is set aside to recognize the work of Community Health Centers across the country. This year, "National Community Health Center Week" activities will be held the week of August 7th-13th. The theme for this year is "**Celebrating America's Health Centers: Innovators in Community Health**". Stedman-Wade Health Services, Inc. will host open house all week at our three locations. Please feel free to stop by anytime during business hours!

Designated staff will be there to greet you and guide you on a tour of our facilities.

Celebrations will conclude with our 4th Annual Community Health Walk. After the walk, community members will be offered free blood pressure and blood sugar checks. There will be light refreshments, a raffle to win prizes, presentations from Wade Community Fire Department, a bounce house for kids, health education resources, and voter registration.

### COMMUNITY HEALTH WALK

**Date:** August 13, 2016

**Time:** 8:00 AM-10:00 AM

**Place:** Wade Community Park- 4060 Church St., Wade, NC

For more information, please call:  
(910) 483-6694 Ext. 7015





# A Special Thanks to Our Community Health Walk Donors!

This year's Community Health Walk was made possible by the generosity of our donors. Without their kindness and dedication to community giving, this annual event would not be possible. Stedman-Wade Health Services, Inc. would like to thank them for supporting our community health center.

## Healthy Inspirations

### Summer Breeze Smoothie

Yield: 3 servings

Serving Size: 1 cup



#### Ingredients

- 1 cup yogurt, plain, nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

*You may substitute ice with frozen fruit.*

#### Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

For additional Fun Family Recipes, please visit:

<http://www.nhlbi.nih.gov/>



## August is National Immunization Awareness Month!

IMMUNIZATION PROTECTS ALL OF US: Don't Wait. Vaccinate!

In the United States, vaccines have greatly reduced infectious diseases that once routinely killed or harmed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease still exist and can be passed on to people who are not protected by vaccines. Protect your health and the health of your family. Make sure you and your loved ones are up-to-date on recommended vaccines.

Here's why you shouldn't wait:

- Many vaccine-preventable diseases are still common in the U.S.
- Those that are not common here are still found in other parts of the world, and can still be a threat.
- Some of these diseases are very contagious.
- Any of these diseases could be serious – even for healthy people.

For more information and resources on adult immunization, visit:

[www.cdc.gov/vaccines/hcp/adults](http://www.cdc.gov/vaccines/hcp/adults)