



Community Health Highlights February 2017 – March 2017

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
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Free Diabetic Eye Exams

For Uninsured Patients

Provided By: Prevent Blindness



Wade Family Medical Center

February 9, 2017

1:00 pm – 4:00 pm

Wade Family Medical Center- Downtown

February 9, 2017

9:00 am – 12:00 pm

Call for Appointment:

(910) 483-6694 ext. 7009

Limited Appointments Available

Community Health Walks We Invite You to Walk with Us!

Join Wade Family Medical Center Staff for Community Health Walks!

Walk with us to promote a healthy and active lifestyle!
Get active and energized, and make new friends!

**Monday and Tuesday Mornings
8:00 AM – 8:30 AM**

Wade Community Park
4060 Church Street

Community Walks will be canceled on rainy days and days with temperatures below 55°.



5 Benefits of Walking

1. **Improves Circulation:** Walking wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart.
2. **Lightens Mood:** Walking releases natural pain-killing endorphins to the body – one of the emotional benefits of exercise.
3. **Can Lead to Weight Loss:** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
4. **Strengthens Muscles:** Walking tones your leg and abdominal muscles – and even arm muscles if you swing them as you walk.
5. **Improves Sleep:** Studies show, people who take one-hour morning walks, are more likely to relieve insomnia than those who don't walk.

Walking Dates

February: 7th, 13th, 14th, 20th, 21st, 27th, 28th

March: 6th, 7th, 13th, 14th, 20th, 21st, 27th, 28th

For more information on the benefits of walking, please visit: www.arthritis.org



Since 2002

Free Tax Preparation

The following locations will be offering free tax preparation services. Please call to see if you qualify for tax-aid:

Fayetteville Senior Citizens Center

739 Blue St.
Fayetteville, NC

Dates: 2/1/2017 - 4/18/2017
(910) 433-1574

Appointments Required

Old Wilmington Road Neighborhood Resource Center

229 Lincoln Dr.,
Fayetteville, NC

Starting: 1/23/17

Every Mon, Tues, and Thurs
5:30 pm – 8:00 pm
(910) 483-2945 ext. 1108



Prevent the Spread of Norovirus

Noroviruses are a group of related viruses that can cause inflammation in the stomach and intestines. This leads to cramping, nausea, vomiting, and diarrhea.



Tips to Protect Yourself and Others



Wash Your Hands Frequently



Clean Surfaces and Wash Laundry



Cook Shellfish Thoroughly



Rinse Fruits and Vegetables

Journey for Control:

A Diabetes Management Program

Free and Open to the Public!

Journey for Control is a program that helps educate patients about diabetes.

Please, join us in the conversation!

Wade Family Medical Center
February 9th: 6:00 pm – 7:00 pm
February 16th: 3:00 pm – 4:00 pm
February 23rd: 3:00 pm – 4:00 pm
March 2nd: 3:00 pm – 4:00 pm
March 9th: 3:00 pm – 4:00 pm



For more information, call **(910) 483-6694 ext.7031**

Group Relaxation Sessions

Wade Family Medical Center is proud to announce that we will be making group relaxation sessions available to all patients. The goals of these group sessions are to help patients find meaningful coping skills and tools for managing anxiety, examine their thoughts and feelings about anxiety, and to help patients practice new found skills on a daily basis.

February 16, 2017

6:00pm – 7:00pm

Wade Family Medical Center