

The Post and Courier

Healthy hoops

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The intense summer heat is upon us, making it hard to enjoy many traditional outdoor activities.



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For those suffering from asthma, the heat and humidity can be even tougher to handle.

To help prevent some summertime blues, Select Health of South Carolina and College of Charleston Basketball Coach Bobby Cremins will be hosting the **third annual Healthy Hoops Charleston Challenge** 9 a.m.-3 p.m. Saturday at Carolina First Arena, 301 Meeting St. in downtown Charleston.

The challenge is a fun-filled free event that features basketball lessons, health screenings and asthma education for children ages 7-15 and their families. Participants also may enjoy live entertainment and an awards ceremony. Lunch will be provided.

Space still is available for asthmatic children to participate in the Charleston Challenge. However, children must receive a health screening first. For more information or to register, visit www.selecthealthofsc.com or call 866-HOOPS-SC.

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