

Healthy Hoops Pee Dee Challenge

Friday, August 28, 2009 at 5:09 p.m.

Saturday, the Healthy Hoops Pee Dee Challenge will feature basketball lessons, health screenings and health education for children ages 7 to 15 years old and their families.

John Schweitz, South Florence High School Men's JV Basketball Coach, Southern Wesleyan University Women's Head Basketball Coach LaCheryl Smith, and Terry Dozier from Columbia Parks and Recreation will teach participants basketball skills and techniques while promoting a healthy, active lifestyle.

A special emphasis will be provided to those children with asthma to help them learn how they can manage their disease while remaining active through sports.

It's Saturday, August 29 from 9 a.m. - 3 p.m. at South Florence High School, 3200 S. Irby Street, Florence.

It's free.

The purpose of the event is to use basketball as a platform to teach participants and their families how to live a healthy and active lifestyle through proper nutrition, monitored exercise and recreation activities.

Select Health of South Carolina, the South Carolina Asthma Alliance, AmeriHealth Mercy and the Healthy Hoops Coalition which includes a host of community partners are sponsoring this event.

Participants will also enjoy live entertainment and an awards ceremony. Lunch will also be provided.