

HEALTH & WELLNESS NEWSLETTER

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greenville

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Summer is Around the Corner

During the summer months, the heat is in full force. Make sure you and your children are drinking enough water and staying hydrated. Eating hydrating fruits and vegetables like watermelon and cucumbers is a great way to add water to your diet. Some signs of dehydration are nausea, vomiting, dry mouth, headache, tiredness, and irritability.



euphoria's 4th Annual Healthy Lunchtime Throwdown is accepting applications now through September 7th. Greenville County Schools and euphoria invite district students between the ages of 8 and 18 to bring their best culinary skills to the table.

[Click here](#) for the application.



Looking for activities for your child during the summer? Check out coalition partner: [Kidding Around Greenville](#) for a list of activities.



Sunday, May 20th

1:30-3:00pm

Gower Park

24 Evelyn Ave. 29607

FREE opportunity for physical activity



Park Hop begins Saturday, May 19th

Park Hop is a FREE summer long scavenger hunt. Below are the participating parks with clues.

City of Mauldin: Sunset Park, Mauldin City Park, Springfield Park

City of Greenville: Timmons Park, Cancer Survivors Park,

Holmes Park

County: Butler Springs Park, Northside Park, Aquatics Center/Westside Park, Staunton Bridge Community Center

City of Greer: Century Park/Kids Planet, Greer City Park

Download the [iongreenville](#) app or visit the [website](#) to register

For more information, contact Erica McCleskey, D1 Health and Wellness Chair and LiveWell Greenville Partnership Coordinator. emccleskey@livewellgreenville.org or 864-354-4706. Sign up for these newsletters on our [website](#) or by e-mailing.