



Healthy People  
Healthy Carolinas

# Health Check-Up

*A Monthly Progress Report with HPHC*

## EBI Updates:



Kids in Parks TRACK Trails

now in Fountain and Grifton!!



**Fountain:** The Trevathan TRACK Trail in Fountain is an approximately 0.5 mile walk through the woods and around a pond. On your hike, keep an eye out for wildlife like dragonflies, frogs, turtles, and birds.



**Grifton:** The John Lawson TRACK Trail is a .25 mile hike through beautiful Carolina wetland forest. Named after explorer and naturalist, John Lawson, this environment attracts wildlife of all kinds. On your hike you may see wood ducks, white-tailed deer, and dragonflies.



## Kickoff information:

- **Grifton, NC** - 10:30a at the John Lawson Nature Trail (152 Water Street). *Rain location: The Grifton School Gymnasium*
- **Fountain, NC** - 3:00p at the Earl Trevathan Trail (3447 Lynch Street). *Rain location: Fountain Presbyterian Church.*

## On the Morrow...

*I remember riding in the car with Dr. Morrow to a Duke Endowment Training. On the way there he told several stories about growing up, his early career, and being a doctor. All of the stories did not evoke a feeling of happiness. Each story did not have a rainbow at the end. Even so, Dr. Morrow told each story with sense of purpose and smile in his voice. It was easy to tell that his past mattered, but he did not allow it to color his present in a negative way. His stories functioned as a note for me and other young health professionals to remember good and bad experiences and let them function as lessons learned, time well spent, and maybe even a good story on a long road trip. Thank you for your willingness to share, to help, and even to learn. We wish you all the best and more in the next stage of your life.*