

Learn How to Feel Better...Healthier...Happier

The Grace Senior Center is sponsoring the Living Healthy with Diabetes Workshop. These classes are designed to help you better manage your Diabetes and live a happier, healthier life!

Whether you have been recently diagnosed with diabetes or have had diabetes for years, this workshop will give the support you need to find practical ways to deal with your stress, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Previous participants have stated they have benefited from this class more than any other diabetes class they have attended. We learn from each other and figure out the ways that work best for each individual.

The Living Healthy with Diabetes classes will be held at the Grace Senior Center, located at 199 Highway 742 South in Wadesboro, just past IGA. This is a six week class that is scheduled for every Thursday, from 1:30 to 4 p.m., starting April 5 and running through May 10.

There is no fee and participants will receive incentives for attending. Call to register today: Rita Short at 704-694-6217 or 704-994-3494 and start living healthy!



Divine Unity Church Celebrates First Anniversary

On Sunday, February 25 Divine Unity Church and Pastor Sylvia McLendon celebrated their first church anniversary and Black History Month. Special guest for the anniversary service was Bishop William E. Taylor of Johnson Chapel Holiness Church and his church family. Divine Unity appreciates the attendance of all of the ministers, visitors, guests and friends for this special celebration!

Pictured are Bishop William E. Taylor, Pastor Sylvia McLendon and representatives of the ministries from both Johnson Chapel Holiness Church and Divine Unity Church.

Business Expo: Can't Miss Event!

Join the Anson County Chamber of Commerce at the second annual Business Expo at South Piedmont Community College's Lockhart-Taylor Center, on Tuesday, March 20, from 4 to 7 p.m.

In 3 hours (or less), meet new contacts for your business. Whether you exhibit your business, sponsor or just attend the annual Business Expo. This once-a-year opportunity will pay off for years to come. Companies and individuals come to the Expo to learn about new products and technologies, enjoy food, network with potential customers and contacts and win prizes from vendors.

• Attendees: Come alone or gather a group for an evening of fun. From classic Anson County establishments, to seeing what's new in town, the Business Expo is a 'can't miss' event. Open to members and non-members.

• Exhibitors: Anson County's largest business-to-business showcase! At the Expo, your business interacts one-on-one to sell products or services directly or make contacts for follow up.

Admission is free. The center is on the Wadesboro Campus of South Piedmont Community College, located at 514 North Washington Street in Wadesboro.

Paid registrations must be received no later than March 1. Space is limited. Sponsorship opportunities are also available.

For more expo information email the Anson County Chamber of Commerce at info@ansoncountychamber.org or call 704-694-4181. Exhibitor registration form can be found by visiting our website at www.ansoncountychamber.org/business-expo.

Animal Shelter Needs Volunteers - Would You Like to Help?

The Animal Shelter depends on the help of volunteers to ensure that animal residents receive love and care. More volunteers will also help relieve the workload on staff which can result in more time for resident animals to be adopted before they are euthanized (put to sleep). Please consider volunteering. For more information on helping, call 704-694-4832.

Anson County Animal Shelter is listed on Petfinder.com. This is a searchable national database of pets available for adoption that includes a description and photo. All the animals that are up for adoption are listed and have a picture. Just go to Petfinder.com and search for any Anson County town or zip code.

A rescue from Animal Shelter can bring lots of happiness and love into any home...and you will make the animal happy too! It's a win-win.

And remember, older animals need a home and love too!

COSMOS MENS WEAR

Going out of Business

UP TO 70% OFF

EVERYTHING HAS TO GO!

SUITS Buy 1, Get 1 Free

DRESS SHOES Buy 1, Get 1 Free

DRESS SLACKS Buy 1, Get 1 Free

NAME BRAND JEANS Buy 1, Get 1 Free

GIANT SELECTION OF URBAN CLOTHING!

WOMEN, MEN & KIDS SUITS • DRESS CLOTHES SHOES • JEANS • HATS SCHOOL CLOTHES KIDS SUITS • CASUAL WEAR

920 East Caswell Street (Hwy 74) in Wadesboro 704-694-6634



Don't let leg pain slow you down.

Pain	Discoloration
Aching	Burning Sensation
Numbness	Swelling

Are all symptoms of Peripheral Arterial Disease (PAD)

One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

METROLINA SURGICAL SPECIALISTS
Now Accepting New Patients

Call (704) 226-0531 for your PAD assessment today!