



Cabarrus County play and Grow Map



Cabarrus

Camp T.N. Spencer Park



Frank Liske Park



Rob Wallace Park



Vietnam Veterans Park



Concord

Academy Recreation Center



Beverly Hills Park



Hartsell Park



Hartsell Recreation Center



James L. Dorton Park



J.W. (Mickey) McGee Park



Les Myers Park



Logan Multi-Purpose Center



Marvin Caldwell Park



W.W. Flowe Park



Harrisburg

Harris Depot Park



Harrisburg Park



Pharr Mill Road Park



Stallings Road Park



Kannapolis

Village Park



Bakers Creek Park



Walter M. Safrit Park



Legend (Símbolos)

Baseball/Softball Fields
Campos de béisbol/softbol

Outdoor Basketball Court
Cancha de baloncesto al aire libre

Bike Trails
Senderos para bicicletas

Camping
Zonas de campamento

Disc Golf
Golf de disco

Gymnasium
Gimnasio

Game Room
Sala de juegos

Playground
Parque infantil

Pickle Ball

Picnic

Skate Park
Parque para patinar

Soccer Fields
Canchas de fútbol

Tennis Courts
Canchas de tenis

Volleyball Courts
Canchas de voleibol

Walking Trails
Senderos para caminar



SNAP, the program formerly known as Food Stamps, helps low-income people buy the food they need for good health. To get SNAP benefits, your income and other resources have to be under certain limits. For help with SNAP call *More in My Basket*, a SNAP outreach initiative of North Carolina Cooperative Extension at 1-855-240-1451.

For more information epass.nc.gov

SNAP, el programa conocido anteriormente como estampillas de comida, ayuda a las personas de bajos recursos a comprar los alimentos que necesitan para tener una buena salud. Para obtener beneficios del SNAP, sus ingresos y otros recursos deben estar por debajo de ciertos límites. Si necesita ayuda con SNAP, llame al programa *More in My Basket* al 1-855-240-1451, una iniciativa de difusión del SNAP del North Carolina Cooperative Extension. Para mas información epass.nc.gov

Community Use Hours for Elementary Schools (Horario para el uso de la comunidad para Escuelas Primarias)

School Days 4:00 to Sunset
Non School Days: Sunrise to Sunset

Días de escuela: De 4:00pm hasta la Puesta del sol
Días de no escuela: Del amanecer hasta la Puesta del sol

All activities must be under appropriate supervision. Facilities are not open to the public during a school sponsored event.

Todas las actividades deben estar bajo la supervisión apropiada. Las instalaciones no están abiertas al público durante eventos organizados por la escuela.

Cabarrus County Schools (Escuelas del Condado de Cabarrus)

- A AT Allen - 3939 Abilene Rd, Concord
- B Bethel - 2425 Midland Rd, Midland
- C Beverly Hills - 87 Palaside Dr NE, Concord
- D Carl A. Furr - 2725 Clover Rd NW, Concord
- E Charles E. Boger - 5150 Dovefield Ln, Kannapolis
- F Coltrane-Webb - 61 Spring St NW, Concord
- G Cox Mill - 1450 Cox Mill Rd, Concord
- H Harrisburg - 3900 Stallings Rd, Harrisburg
- I Mount Pleasant - 8555 North Dr, Mount Pleasant
- J W.R. Odell Primary - 1 Dragon Pride Dr, Concord

Kannapolis City Schools (Escuelas de la Ciudad de Kannapolis)

- U Forest Park - 1333 Forest Park Dr, Kannapolis
- V Fred L. Wilson - 1401 Pine St, Kannapolis
- W G.W. Carver - 525 E. C St, Kannapolis
- X Jackson Park - 1400 Jackson St, Kannapolis
- Y Shady Brook - 903 Rogers Lake Rd, Kannapolis
- Z Woodrow Wilson - 800 Walnut St, Kannapolis



Join the 5210 League
Members of the 5210 League know the importance of leading a healthy lifestyle. Every day they strive to be as active as possible and eat right. Join the 5210 League today by taking the pledge and committing to following these 5210 guidelines.
Seamos Saludables Juntos
Una forma divertida y fácil de mejorar los hábitos saludables de la familiaes seguir el plan 5-2-1-0. Únase a la Liga del 5-2-1-0 y haga el compromiso de ser saludables juntos.

- 5 EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!**
Comer por lo menos 5 porciones de frutas y verduras al día.
- 2 LIMIT RECREATIONAL SCREEN TIME TO LESS THAN TWO HOURS PER DAY.**
Limitar a menos de 2 horas al día, el tiempo al frente de una pantalla que no está relacionado con el trabajo de la escuela.
- 1 BE PHYSICALLY ACTIVE FOR AT LEAST ONE HOUR PER DAY.**
Ser físicamente activo por lo menos 1 hora al día.
- 0 AVOID SUGARY DRINKS - GO FOR WATER OR LOW-FAT MILK!**
Evitar bebidas azucaradas - prefiera el agua o la leche baja en grasa.

For more information, visit CarolinahHealthcare.org/HealthyTogether to learn more healthy tips and ways to incorporate 5210 into your child's daily routines.



Who is WIC for?

- Children up to 5 years of age
- Infants
- Pregnant women
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in last 6 months

What does WIC provide?

- Healthy foods
- Health care referrals
- Breastfeeding support
- Eating tips for you and your child

¿Para quién es WIC?

- Niños hasta 5 años de edad
- Bebés
- Mujeres embarazadas
- Mujeres lactantes que han tenido un bebé en los últimos 12 meses
- Mujeres que han tenido un bebé en los últimos 6 meses

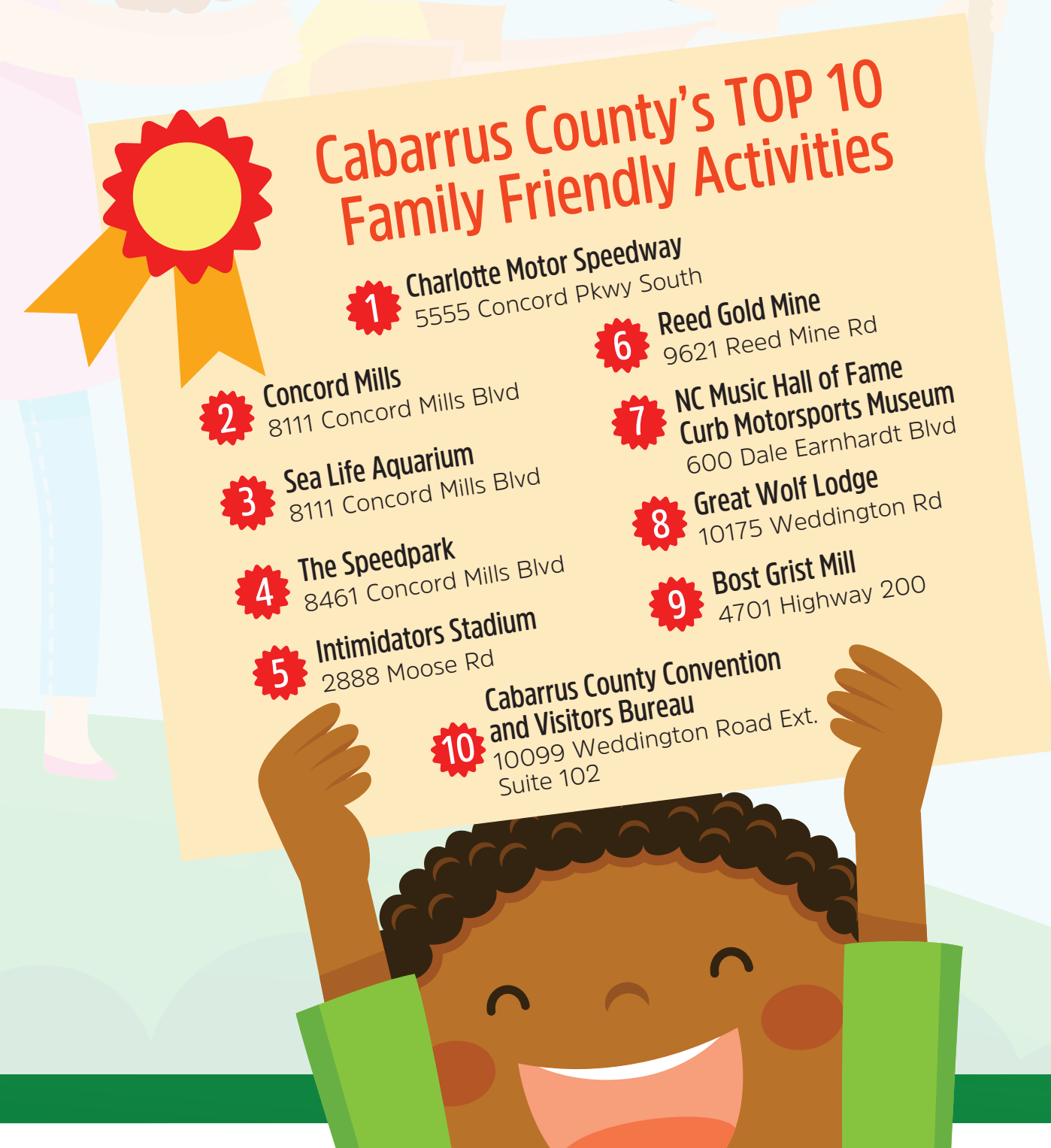
¿Qué proporciona WIC?

- Alimentos saludables
- Remisión a servicios de salud
- Asistencia para la lactancia materna
- Consejos para usted y su hijo sobre como alimentarse



Cabarrus Health Alliance

(704) 920-1204
300 Mooresville Rd, Kannapolis, NC 28081
www.cabarrushealth.org/WIC



Cabarrus County's TOP 10 Family Friendly Activities

- 1 Charlotte Motor Speedway**
5555 Concord Pkwy South
- 2 Concord Mills**
8111 Concord Mills Blvd
- 3 Sea Life Aquarium**
8111 Concord Mills Blvd
- 4 The Speedpark**
8461 Concord Mills Blvd
- 5 Intimidators Stadium**
2888 Moose Rd
- 6 Reed Gold Mine**
9621 Reed Mine Rd
- 7 NC Music Hall of Fame**
Curb Motorsports Museum
600 Dale Earnhardt Blvd
- 8 Great Wolf Lodge**
10175 Weddington Rd
- 9 Bost Grist Mill**
4701 Highway 200
- 10 Cabarrus County Convention and Visitors Bureau**
10099 Weddington Road Ext.
Suite 102

A colorful illustration of a young girl with blonde pigtails, wearing a pink shirt and blue pants, sliding down a green slide. The slide is positioned between two large, leafy green trees with brown trunks. The background is a solid light green.

Elementary Schools
Escuela para names and addresses.
Escuelas primarias: Ver nombres y direcciones en la parte de atrás

Libraries
Bibliotecas

Recreation & Senior Centers
Centros de recreación y para personas mayores

Arts & Theater
Artes y teatro

Fishing
Pesca

Splash Pad
Parque con fuentes

Community Gardens
Huertos Comunitarios

Dog Park
Parque para perros

Farmer's Market
Mercados de Agricultor

Miniature Golf
Mini golf

Greenway
Senderos para caminar

Carolina Thread Trail

Cabarrus County

- 1 Camp T.N. Spencer Park - 3155 Foxford Road
- 2 Frank Liske Park - 4001 Stough Road
- 3 Rob Wallace Park - 12900 Bethel School Road
- 4 Vietnam Veterans Park - 760 Orphanage Road

Concord

- 5 Beverly Hills Park - 631 Miramar Street NE
- 6 Marvin Caldwell Park - 362 Georgia Street SE
- 7 James L. Dorton Park - 5790 Poplar Tent Road
- 8 Gibson Field - 321 Misenheimer Avenue NW
- 9 Hartsell Complex - 30 Swink Street SW
- 10 Hartsell Park - 65 Sunderland Road
- 11 McAllister Field - 160 Crowell Drive NW
- 12 J.W. McGee Park - 219 Corban Avenue SE
- 13 Les Myers Park - 338 Lawndale Avenue SE
- 14 Webb Field - 165 Academy Avenue NW
- 15 W.W. Flowe Park - 99 Central Heights Drive
- 16 Weddington Road Bark Park - 8955 Weddington Road NW

Harrisburg

- 17 Harrisburg Park - 191 Sims Parkway
- 18 Pharr Mill Road Park - 6775 Pharr Mill Road
- 19 Stallings Road Park - 4088 Stallings Road

Kannapolis

- 20 Veterans Park - 119 North Main Street
- 21 Dale Earnhardt Plaza - 109 West A Street
- 22 Village Park - 700 West C Street
- 23 Bakers Creek Park - 1275 West A Street
- 24 Walter M. Safrit Park - 1314 Bethpage Road

Mount Pleasant

- 25 McAllister Park - 8590 Park Drive



Parks
See back for specific park activities.

Parques: ver actividades específicas de los parques en la parte de atrás

See back for specific park activities.

Parques: ver actividades específicas