

February is Black History Month

February is Black History Month, and there are many ways you can explore this fascinating part of American history right here in Mecklenburg County. The stories of African-Americans' struggles and triumphs should be shared with the world.

This month, celebrate the rich history of African-Americans and their contributions to humanity. Here are some resources to find events that are taking place in our community during Black History Month:

- Charlotte Mecklenburg Library
- Charlotte Cultural Guide
- Harvey B. Gantt Center for African-American Arts + Culture

When February ends, continue to celebrate and discover the uniqueness of the African-American culture and how it is intricately woven into the fabric of our nation and beyond.

Budget Retreat Wrap up

I would like to thank staff and commissioners for a successful budget retreat.

The two-day conference last week highlighted the great work being done by County departments and agencies, and provided valuable insight on our challenges and where we're headed.

The information shared will help us as we plan for the future and begin the development of the FY2019 County budget.

You can view all the presentations from the retreat here.

February is Nationally Recognized as Heart Month

Are you taking your health to heart? Perhaps you understand the importance of eating a diet low in cholesterol or getting 30 minutes of exercise a day. But do you know your own risk of developing cardiovascular disease?

February is nationally recognized as Heart Month, which means it's time you take your heart health

1 of 2 2/2/18, 10:02 AM

personally.

Our <u>Public Health Department</u> has gathered these <u>important tips</u> to help you improve your heart health.

For more information, contact Public Health Director Gibbie Harris at 980-314-9020 or Gibbie.Harris@MecklenburgCountyNC.gov.

Park and Recreation Announces Selection of Summer Camps

To help families plan for summer, Park and Recreation has announced its selection of <u>2018</u> <u>Camps</u>.

The list features a wide variety of offerings at affordable prices.

Categories include aquatics, nature, therapeutic recreation and much more.

You can view details, including registration dates by visiting parkandrec.com.

If you have questions, contact Deputy Park and Recreation Director Michael Kirschman at 980-314-1014 or Michael.Kirschman@MecklenburgCountyNC.gov.

CALENDAR REMINDERS

- Monday, Jan. 29, 6:30 p.m. County Assessor Ken Joyner will make a presentation about revaluation to the Colonial Village Neighborhood Association, Salvation Army 940 Marsh Road
- Tuesday, Feb. 6, 5-6 p.m. BOCC Regular Meeting, Informal Session, CMGC CH-14
- Tuesday, Feb. 6, 6 p.m. BOCC Regular Meeting, Formal Session, CMGC Meeting Chamber

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