

May, 2011

Mother's Day Weekend Forecast: Healthy With a Chance of Educational

Anna Vordermark, Contributor, A Healthier Charlotte

Mother's Day weekend 2011 is jam-packed with Charlotte area events, from a [Charlotte Roller Girls](#) bout at the Grady Cole Center, to the [Asian Festival](#) in Cornelius, and a certain sold-out [golf](#) event in South Charlotte. There's no shortage of ways to entertain Mom this weekend, but don't miss this handful of health-related events that deserve some attention:

[2011 Public Health Forum](#)

Sponsored by the [Mecklenburg Healthy Carolinians](#) and the [Mecklenburg County Health Department](#), this day-long forum will explore Mecklenburg's community health indicators and how they rank against the region and nation. Dr. Jeffrey Engel, North Carolina State Health Director, will be the keynote speaker. This Friday event is free, but online [registration](#) is required.

[Carolinas Kidney Walk](#)

The Carolina's chapter of the National Kidney Foundation is walking at Knight's Stadium Saturday morning to raise money to fight kidney disease. [Kidney disease](#) is most often caused by diabetes or high blood pressure, and affects over [26 million Americans](#). Enjoy the beautiful weather and help raise money for a good cause with this Saturday morning event.

[Gardener's Garden Tour](#)

Wing Haven Gardens and Bird Sanctuary was founded in 1927 on three acres of gardens and trails on Ridgewood Avenue in Charlotte. This non-profit organization is hosting its annual Garden Tour on Saturday and Sunday, featuring six private gardens of Charlotteans who've tackled our Carolina clay to create beautiful green spaces. Tickets are still available at [Blackhawk Hardware](#) or [Wing Haven](#), and boxed lunches are available from [Just Fresh](#).

Think about enjoying one or more of these events this weekend, and don't forget the Charlotte Regional [Farmer's Market](#) is open Saturday and Sunday with local produce, meats, poultry, cheeses, baked goods and crafts. This is my favorite place to feed the senses and the body while supporting our local farms and artisans.

Have other ideas for entertaining Mom in a healthy way this weekend? Please share them here!