

FOR IMMEDIATE RELEASE

Attorney David Henson Sprints for Children's Health

Down East Partnership for Children inspires local athlete

ROCKY MOUNT, N.C., April 1, 2009—Attorney David Henson will be swimming, biking, and running his way to raise funds and awareness for the Healthy Kids Collaborative (HKC) this Saturday. A devoted athlete, Henson signed up for the Tri Roanoke Valley Sprint Triathlon, where he will swim 300 yards, bike 14.8 miles over rolling hills and flat terrain, then run 3.1 miles.

"I'm doing this sprint triathlon because I've been looking for a new physical and mental challenge," Henson said. "I've registered for this event, not for what my time or finish place will be, but instead to push for my personal best. I just want to do my best and know that I have made myself stronger during the process."

Another motivating factor in completing the triathlon is for Henson to be able to donate \$500 to the HKC, a program designed by the Down East Partnership for Children (DEPC) that teaches the importance of healthful living to young children.

Henson, who is also the vice chair of DEPC, works to maintain a healthy diet and believes that food is fuel for the body. "If you put junk in your system, you will feel lousy. If you put high-quality food into your system, your body will run at peak efficiency," Henson said.

This event is just one of many community events in which Henson and his colleagues at Rocky Mount-based law firm HensonFuerst regularly participate. Every year, several members of the law firm take part in the Tour de Cure, which raises funds and awareness for diabetes. Furthermore, the firm founded Hope Blooms, a community garden that promotes and provides awareness regarding cancer research and survivorship as well as to aid in the fight to eradicate cancer.

"I believe it is vital for children to learn healthy exercise and eating habits at an early age. They will be tomorrow's leaders, and we need to ensure they have all of the necessary tools to lead us."

David Henson
Attorney
HensonFuerst

— MORE —

Raleigh • Rocky Mount • Boone

Phone: (800) 4LAWMED • www.HensonFuerst.com

The Tri Roanoke Valley Sprint Triathlon is on Saturday, April 4, 2009, at the T.J. Davis Recreation Center located at 400 E 6th Street in Roanoke Rapids. To learn more about this event, visit www.triroanokevalley.com.

About Healthy Kids Collaborative

The Down East Partnership for Children's Healthy Kids Collaborative (HKC) is a community collaborative designed to reduce the obesity rate of children in Edgecombe and Nash counties. The program promotes physical activity and healthful eating habits in young children, ages 2 to 4, and their families. HKC focuses on six areas of change:

- Families value nutrition and physical activity
- Childcare providers offer healthy food and options for physical activity
- Families/childcare providers have access to affordable healthy food
- Families have access to safe places for physical activity
- Medical providers talk about the importance of healthy diet and physical activity and include BMI measurements and education as part of routine wellness visits
- Communities value and demonstrate physical activity and healthy eating

About HensonFuerst

HensonFuerst, P.A., is a North Carolina-based law firm specializing in catastrophic injury, nursing home abuse, medical malpractice, and mass tort cases. For more than 30 years, the lawyers at HensonFuerst have represented those injured by the negligence of others. With successful multimillion-dollar verdicts and settlements throughout the state of North Carolina, the team of 10 lawyers and 25 staff members at HensonFuerst offers considerable experience and resources for their clients. The members of the firm recognize the importance of giving back to their community and have sponsored Hope Blooms, a community-based garden program to promote and provide awareness regarding cancer research and survivorship as well as to aid in the fight to eradicate cancer. For more information about the firm, visit www.HensonFuerst.com.

###