



Mid-Carolina Senior Games

Mid-Carolina Senior Games, held annually in the spring, is part of a network of 54 local games that provide statewide health promotion and wellness programs for adults 50 years of age and better. The local games provide senior residents of Cumberland County, Harnett County and Sampson County the opportunity to participate in wellness workshops, health fairs, Silver Striders Walking Clubs, Silver Arts, exercise classes and special social events throughout the year.

For the athlete there are more than 25 various sporting events and the Silver Arts offer categories in visual arts, literary arts, heritage arts and the performing arts. Medal winners qualify for the North Carolina Senior Games State Finals held each fall in Raleigh and every two years, The National Senior Games are held.

Staying active and involved is not only healthy; it can be fun.

Mid-Carolina Senior Games challenges you to “Reach Out to New Horizons” and join us in the celebration of the human spirit.

REASONS TO BECOME A SPONSOR

Year-round exposure to the seniors of Cumberland, Harnett, and Sampson Counties.

Demonstrates to the community your commitment to social responsibility.

Opportunity to participate in a community wide partnership in the Mid-Carolina region promoting economic development and healthy aging and active lifestyles for adults over the age of 50.

Offers an ideal opportunity for your community to participate in an event that draws a highly identifiable group of people.

FOR MORE INFORMATION ON HOW TO BECOME A SPONSOR:

Local Coordinator:
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