

# Arkansas Medical Supply

300 South Rodney Parham, Suite 18

Little Rock, AR 72205

501-227-8220 or 1-800-467-7446

Fax: 501-227-6260

[info@arkansasmedicalsupply.com](mailto:info@arkansasmedicalsupply.com)

[www.arkansasmedicalsupply.com](http://www.arkansasmedicalsupply.com)



## National Fresh Fruit and Veggie Month

- For National fruit and veggie month try expanding your garden with some seeds who love the summer weather!
- Basil, Carrots, Cucumbers, Kale, and Melons are just a few of the foods you can start. Try starting with a small area in your yard then expanding once you get it going.
- You can grow basil out of your kitchen window!

## Free Kids Health Fair- June 10<sup>th</sup> at 10 Fitness in West Little Rock

- Join 10 Fitness at the Rodney Parham location for a FREE community event!
- This event is focused on kids of all ages to help them make healthy choices!
- The event will have Fun activities that include Laser Tag, family yoga, and have a visit from the Little Rock Zoo! Also at the Health Far you will have an opportunity to win some awesome door prizes!
- Go check out how to live healthier with 10 Fitness center!

## AMS NEWSLETTER



### June 2017

It is our mission to provide the highest quality of medical products and personal service to all customers!

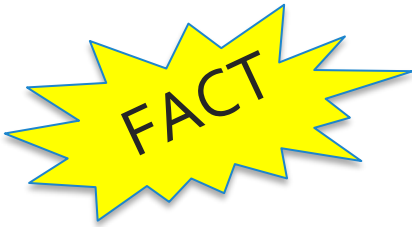
We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

## Calendar of Events

### June

- National Fresh Fruit and Veggie Month
- River Fest June 1-4<sup>th</sup> at the River Market District
- June 3- Take a run at hunger 5k at Two Rivers Park
- June 7- Movies in the Park presenting La La Land-Rivermarket
- June 10<sup>th</sup> Kids Health Fair-FREE- at 10 Fitness in West Little Rock
- June 18<sup>th</sup> Fathers Day

# ANNUAL FOOD BANK CEREAL DRIVE!



1 in 5 Arkansans struggle to provide enough food for their families!

Arkansas Medical Supply wants to help end hunger for Arkansas! Now through June 27 we will be gathering up cereal, oatmeal, breakfast bars, pop tarts and money to bring to the Arkansas food bank.

Please mail in or bring by any donations to our office. A little can go a long way for these Arkansas families.

For more information please visit [arkansasfoodbank.org](http://arkansasfoodbank.org)



## LOOKING FOR SOMETHING TO DO THIS SUMMER?



**Providing Access to Adaptive Sports  
Honoring Children with Disabilities**

Leap Beyond is a Non-Prophet Arkansas based organization focusing on children's disabilities.

The camp puts emphases on active Sports and Swimming for ages 6 to 21 year olds.

They have multiple locations in North Little Rock, Cabot, Bryant and Lonoke!

For more information visit [Leapingbeyond.com](http://Leapingbeyond.com)



**CAMP Aldersgate**  
COMMON GROUND FOR EXTRAORDINARY PEOPLE

Camp Aldersgate gives children with disabilities a chance to experience something new! This life changing camp has a variety of activities that include boating, swimming, games, nature hikes and other outdoor activities!

Camp Aldersgate also has a Seniors day

Check out more information at [campaldersgate.net](http://campaldersgate.net)