



Our mission: We help people live better lives through better health.
Our vision: We will be our region's first choice for health and wellness.
Our purpose: Better health begins here.

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Dear Tour De Plantersville Participants,

I would like to personally extend my appreciation to all those who are participating in or sponsoring this outstanding event for our community. The Tour De Plantersville is more than just an opportunity to help young people in rural South Carolina who face challenges of access to academic and economic success. In America the chances of chronic illnesses such as diabetes and cardiovascular disease continue to rise, leading to an overwhelming burden from chronic disease on our health care system.

In addition to dietary and lifestyle changes, we know that lack of physical exercise and obesity is one of the leading contributors to the development of cardiovascular illness and diabetes in our nation. Amazingly studies have shown that for every 1 minute of regular moderate exercise such as walking or bicycle riding we can gain 4 minutes of additional life expectancy!

The Tour De Plantersville is a great way to have some fun while enjoying the natural beauty of our historic community, and to demonstrate and instill the benefits of healthy exercise in our youth. They are future leaders of our state and nation and thus the natural stewards of education and knowledge. I look forward to seeing each and every one of you out there supporting our youth, advancing community health, and learning about our rich history in an incredible venue. This will be fun.

Sincerely,

A handwritten signature in blue ink that reads "Gerald E. Harmon".

Gerald E. Harmon, MD, FAAFP
Tidelands Health
Former Chairman, American Medical Association