

Discover a Healthy Life KANNAPOLIS MATTERS



DISCOVER A HEALTHY LIFE WITH THE NEW LOOP THE LOOP APP

There's an app for that! The City of Kannapolis has launched a new mobile application that allows residents to easily track their Loop the Loop miles. Be Well, the user-friendly application, is available on both Android and Apple devices. The app syncs with Fitbit, Garmin, Samsung Health, Apple Health and Health Connect to automatically track users' steps. Users can also log activities such as biking, which can be converted into steps.



Residents can use the Be Well application to join the Loop the Loop 2026 Challenge, which encourages participants to aim for one mile of activity per day. Activity can be completed anywhere – downtown, in neighborhoods or on marked Loop the Loop routes. Participants can track progress and connect with friends.

The Loop the Loop program is open to Kannapolis residents only and is part of the City's Discover a Healthy Life Initiative, which encourages health and wellness across the Kannapolis community. Track your miles and meet milestones throughout the year to win fun prizes.

Residents are encouraged to register for Loop the Loop, download the Be Well app, join the "Loop the Loop 2026" challenge, and enable emails and messages to stay informed and engaged all year long.

Continued on page 2

CALENDAR OF EVENTS

MARCH

- 4, 7, 10, 24 **D3 College Series**
Atrium Health Ballpark
- 28 **Run Kannapolis: Strides for Strokes** | 8 a.m. |
Downtown Kannapolis
- 31 **Future Sox Showdown**
6:30 p.m. | Atrium Health Ballpark

APRIL

- 4 **CPR Class** | 1-3 p.m. | City Hall
- 6 **City Hall Closed**
- 11 **Run Kannapolis: Robert Tucker 5K** | 8 a.m. |
Downtown Kannapolis
- 11 **Cruise In** | 1 p.m. | NCRC
- 25 **Earth Day Shred Event**
9 a.m.-noon | Village Park

*Free Admission. No pets or smoking, please.
More at kannapolisnc.gov.*



FREE DOCUMENT SHRED EVENT



From 10 a.m. until noon on Saturday, April 25, the Kannapolis Parks and Recreation Department will host a free document shredding event at Village Park, 700 West C Street.

This event is for Kannapolis residents only. Document shredding is limited to five file boxes per person, which is the equivalent of two 40-gallon trash bags.

No businesses, please.

Continued from page 1

2026 Step Challenge Milestones

- March 31: 200,000 steps
- June 30: 400,000 steps
- September 30: 600,000 steps
- December 31: 800,000 steps

Learn more about the Loop the Loop program at <https://www.kannapolisnc.gov/loopheloo>. Download the Be Well app using the Apple or Google Play Store.

THE NORTH CAROLINA FAIR HOUSING ACT

The North Carolina Fair Housing Act makes it illegal to discriminate in housing because of race, color, religion, sex, national origin, physical or mental handicaps or family status (families with children).

Some examples of housing discrimination include refusing to sell



or rent housing based on protective class, and discriminating in the terms and conditions of housing (rent, security deposits, house sales prices, use of facilities or financing).

Report unfair housing practices to Sherry Gordon at (704) 920-4332 or sgordon@kannapolisnc.gov.

Discover Entertainment!



www.gem-theatre.com



www.theswaneetheatre.com



FARMERS MARKET SEEKING 2026 VENDORS

The Kannapolis Farmers Market is looking for vendors. If you are a farmer, artisan, crafter or baker, we would love for you to participate in the market.



The market is looking for people who offer a wide variety of fresh local produce, as well as cheese, ice cream, honey, baked goods, spices, jewelry, soaps, candies, crafts, pottery, handcrafted wood items, art, food trucks and more.

Vendors pay an annual membership fee of \$30 and a weekly rental fee of \$10 per 14-foot space. The market is open May through September and operates every Thursday from 4-7 p.m. at the corner of Vance Avenue and Dale Earnhardt Boulevard.

For more information on the Farmers Market, visit www.kannapolisnc.gov/farmersmarket. If you are interested in being a vendor, please contact Irene Wong, Director of Economic Development, at iwong@kannapolisnc.gov or 704-920-4326.



INTERESTED IN PARTICIPATING IN A N.C. RESEARCH CAMPUS STUDY?

Studies are always underway by the researchers as they work to develop new ways to improve health or to prevent, diagnose or treat medical conditions. Use the QR code to see a full list of studies.

CANNON BALLERS TICKETS ON SALE

Find your seat for this season at Atrium Health Ballpark! The 2026 Kannapolis Cannon Ballers Season Tickets are on sale now!

The first home game will be played on Thursday, April 2. You do not want to miss this season! Information can be found at www.milb.com/kannapolis.



Discover Kannapolis

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TAKE THE TIME TO CHECK YOUR SMOKE DETECTORS



Working smoke alarms save lives. Take a few minutes to check your smoke alarms to make sure they are working properly, test them monthly and replace batteries as needed. It's a simple step that helps protect your home, your family and your peace of mind.

Do you need a new smoke alarm? The Kannapolis Fire Department can install one for you for FREE. Just call us at 704-920-4260.



SIGN UP FOR A CPR CLASS

The Kannapolis Fire Department is committed to saving as many cardiac arrest victims as possible. You can help by learning CPR.

Having people on scene who can begin CPR immediately before our trained firefighters arrive could mean the difference between life and death. Statistics show that CPR saves lives.

Sign up for a CPR class in 2026. All classes will be held at City Hall on specific Saturdays from 1-3 p.m. You only need to attend one class. Classes are non-certified CPR courses. To sign up, visit www.kannapolisnc.gov/cpr.

City of KANNAPOLIS

QUESTIONS?

If you need assistance or have questions about city services, you can now call one number - 704.920.4444 or send an email to custserve@kannapolisnc.gov

THE CITY OF KANNAPOLIS
401 Laureate Way | Kannapolis, NC 28081
704.920.4444
www.kannapolisnc.gov



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