

Community Education offered by Carteret General Hospital

OH MY ACHING BACK

Latest treatments for Osteoarthritis

Arthritis can affect every aspect of your life but does not have to slow you down anymore. Come and learn about back pain and the various treatment options, presented by Leslie Tickle, RN, Joint Care Coordinator, in Meeting Room A.

Offered free by:  **Carolina Center**
for
JOINT AND SPINE

Presented by **Leslie Tickle, RN**

Wednesday, May 19, 5:00pm

Call Scheduling at 808-6200 to reserve your seat. Space is limited.



CARTERET GENERAL HOSPITAL
MAKING A DIFFERENCE IN YOUR LIFE
www.cgh.org

Relief is on the Way!

CGH URGENT CARE

3722 Bridges Street, Morehead City

Opens Memorial Day Weekend
May 28-31, 2010

Our new Urgent Care for minor emergencies will open at 3722 Bridges Street, just behind the hospital and near Medical Park. Use when your primary care physician is unavailable and you need help for a problem that is not an emergency such as sprains, simple cuts, burns and ear infections.



Business Hours:

Friday	12noon - 12am
Saturday	12noon - 12am
Sunday	12noon - 8pm
Monday	12noon - 12am

Closed June 1 - 3

Will reopen 7 days a week on
June 4th for the summer.
Call 808-6641 for more
information!

Physicians are certified by the American Board of Emergency Medicine.

Other Upcoming Events!

Skin Cancer Screening - May 8th - Carteret County Health Department
Lap Band Weight Loss Surgery - May 10th - Crystal Coast Civic Center
Women and Incontinence - May 19th - CGH cafeteria
Safe Sitter Class - June 29th

Kayak for the Warriors

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lieutenant colonel, said they want to maintain the community feel of the event while raising as much money as possible for Hope for the Warriors. "This year our goal is \$10,000," he said. That amount is more than the first two years combined, but organizers are confident it can be done.

They have their first corporate sponsor, registrations have already begun and the community has shown its commitment to the cause. And helping spread the word this year, is a web site donated by Bruce Carbrey.

"Carteret County and Pine Knoll Shores are a patriotic area and this type of activity helps tie this area to the Marines and sailors at Cherry Point and Camp Lejeune," Kramer said.

It was the collective patriotism of the town's Recreation Advisory Committee that came up with the idea for the event. They wanted to do a fund-raiser to help wounded warriors and saw a kayak race as a good fit for the coastal community.

It began in 2008 with eight participants.

Kramer jokes that they had more security boats on the water that first year than actual racers, but he knows the initial \$700 they raised helped somebody.

"If that's enough to fly two lance corporals home for Christmas, it was worth it to me," Kramer said.

Kayak for the Warriors grew to 50 participants last year and they have increased the cap this year to 75. While they have to limit the number of participants in the kayak race due to safety considerations, there is no limit on the bike ride registrations.

Registration for the kayak race is a \$40 donation that includes lunch and a T-shirt. The \$20 donation for the family fun race includes registration and lunch. A \$10 donation for the bike ride also includes registration and lunch.

For additional information about the event, visit the web site at www.kayakforthewarriors.org. The web site includes a map of race routes and a downloadable registration form. The site will also list all sponsors.

Information about sponsoring or volunteering with the event is also available by calling the Pine Knoll Shores town hall at 247-4353, ext. 10.

Editors Note: This article originally printed in Jacksonville Daily News on March 7, 2010.

KAYAK FOR THE WARRIORS

RECEPTION

FRIDAY

JUNE 11

Participants, sponsors, volunteers, and friends of "Kayak for the Warriors" are invited to attend the reception to honor our wounded warriors on Friday evening, June 11 from 5pm - 6:30pm at PKS Town Hall, 100 Municipal Circle.

FOOD, DRINK, AND LOTS OF FUN!