



Robert Sands, PhD PRI Wellness Corps Director

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Pamlico Rose Mission

We create safe, welcoming spaces where communities can come together to nurture health, connection, and wellbeing—meeting people where they are with programs that support healing and growth.

PRI WELLNESS CORPS

2025-2026



PRI Wellness Corps is a partnership between Pamlico Rose Institute and AmeriCorps dedicated to advancing well-being through inclusive programming in community wellness gardens. These gardens meet people where they are—providing safe, welcoming spaces that promote healthy living, connection, healing, and growth. The PRI Wellness Corps supports garden sites across North Carolina, including its flagship wellness gardens in Aurora. Members serve to reach underserved and at-risk community members, promoting wellness through their service. Their service focuses on mitigating food insecurity, fostering community connections, and providing opportunities to learn about and develop skills supporting healthy living.



Wellness Gardens of Aurora

Mission of Pamlico Rose Institute

At Pamlico Rose Institute (PRI), our mission is rooted in the belief that wellness is more than a goal—it's a journey, a lived experience, and a community act. Across North Carolina, we are building a movement around wellness gardens—transformative outdoor spaces designed to promote physical, emotional, social, and environmental wellbeing, especially for underserved populations.

What sets our gardens apart is not just what they grow, but how and why they are designed. These are not simply food gardens or greenspaces. They are intentional ecosystems of healing, grounded in science, shaped by art, and cultivated by community.

Whether it's planting vegetables, painting nature-inspired art, or simply gathering in safe, welcoming spaces, our wellness gardens serve as living labs, places where people of all backgrounds can connect with nature, express themselves creatively, and support one another.

[Apply Here for PRI Wellness Corps](#)

Apply
HERE!



NC COOPERATIVE
EXTENSION



PEACEHAVEN

Let's Be Different Together.



Garden Locations

- Wellness Gardens of Aurora - Flagship Gardens
- Briggs Community Garden - Durham
- Peacehaven Farm - Whitsett
- Arts of the Pamlico Rose - Washington
- Hesed House of Hope - Lincolnton



For more information,
contact Dr. Robert Sands
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The Partnership

Through our AmeriCorps partnership, we place Wellness Corps members directly at host sites—including community gardens, schools, transitional housing, and therapeutic farms—where they provide critical support in garden operations, programming, volunteer engagement, and outreach. These members help lead gardening workshops, wellness events, and creative expression activities tailored to the needs of each community. Host site organizations provide a financial “match” (25% of member compensation) back to Pamlico Rose Institute. In return, Member administration including human resources support: recruitment, onboarding, timekeeping, and other areas is provided by Pamlico Rose.

The Member Experience

Benefits - Members receive a range of valuable benefits during their service year, including bi-monthly living allowance payments, Mental Health First Aid certification, and additional professional development training opportunities. They are also eligible for an education award of \$3,697.50 for the half-time role, which can be transferred to a child, grandchild, or other individual if the member is 55 years of age or older. Many members may qualify for federal student loan deferment during their term of service. Upon completing the service year, members gain access to the AmeriCorps Alums national network of over one million members, qualify for non-competitive eligibility (NCE) for federal employment, and receive priority consideration for employment with National Service agencies. Let me know if you want a shorter, more promotional, or more formal version.



Service - Member duties vary by garden site, but all roles share a set of core service responsibilities. Members help design, build, and sustain community wellness gardens, and perform seasonally aligned activities such as garden construction, soil and bed preparation, planting, maintenance, harvesting, weeding, mulching, watering, pruning, and general cleanup. They also mentor fellow PRI Wellness Corps members and assist in developing and delivering program-related trainings. In addition, members participate in community events that promote wellness and engage in education, awareness, and outreach efforts that advance healthy living and eating. These outreach activities may involve the use of multiple media platforms, including social media, websites, and webinars.

