



3rd Annual Healing Veterans Weekend

May 1st and 2nd 2020












Events

Friday May 1st

-  Military Veteran Art Exhibit Opening from 6:00pm to 7:00pm at the Historic Turnage Theater
-  VET Talks-IBX beginning at 7:15pm



Saturday

-  Sunrise Yoga
-  The Ride for Rose Haven: Supporting Women Veterans Bicycle Ride beginning at Festival Park at 8:00am.
-  The Ride for Rose Haven: Supporting Women Veterans Motorcycle Ride beginning at Boneyard Harley Davidson at 9:30am and ending in Festival Park.
-  The Rose Haven Spring Festival will begin at 10:30am, at the conclusion of both rides.
-  The Festival will include:
 -  A benefit concert
 -  A Veteran Outreach Fair
 -  Vendors and Food Trucks
 -  Tours of the Rose Haven Facility
 -  Fun Ride for kids and parents
 -  Activities for kids



Pamlico Rose

is a Washington, NC, nonprofit 501(c)(3), founded in 2016. The primary mission is to advance wellness and resilience-building programs for female Veterans - Vet by Vet.



Pamlico Rose promotes a holistic approach to wellness, Total Life Fitness (TLF), that builds a strong foundation of living fit and helping one move through the reintegration experience. Building resilience to adversity, TLF encourages an individual through mind, body, spirit and healthy relationships to focus on one's whole self.

TLF programs are offered at the Rose Haven Center of Healing in Washington, NC. Rose Haven includes a soon to be completed (2020) rehabilitated 1892 farmhouse as a reintegration home, its adjacent historic barn as a multipurpose support facility, and a healing landscape that includes meditation and produce gardens. The Center covers ½ neighborhood block in Washington, NC's historic district.



A Note from Pamlico Rose

In 2018, we at Pamlico Rose wanted to bring Veterans in eastern North Carolina together in an event that promoted healing and a sense of community. We also felt that at the same time, we could raise awareness of issues affecting Veterans to Veterans and non-Veterans alike. We chose a weekend in May and called it Healing Vets Weekend. The featured events and activities reinforced our goals and were also important in the healing process: an art exhibit, talks that spoke to issues of healing in Veterans, yoga, a bike ride with three different rides, and an outreach fair that provided Veteran Service Organizations a chance to reach directly to Veterans. That weekend unfolded in Washington, NC at the Historic Turnage Theatre, at the scenic waterfront Festival Park and in bike routes through the scenic Inner Banks of North Carolina. In 2019, we added food and a concert. In 2020, we aim to make it bigger and better, reaching more Veterans and the communities where they live, in eastern North Carolina and beyond while adding more to the weekend to make it family-friendly. The weekend of May 1st and 2nd, 2020 literally has something for everyone to enjoy while supporting our healing Veterans. Please make a note of the 2020 Healing Vets Weekend and we hope to see you there!

Robert Greene Sands,
CEO

