



PRI Wellness Corps

A community-based prevention effort to promote food security in women Veterans and other at-risk community populations

Wellness. Resilience. Courage.

Pamlico Rose Institute (PRI), a Washington, NC 501 (c)(3), advances wellness programs for women Veterans as part of a broader community and regionally based integrated public health suicide prevention strategy. PRI proposes to address two of the risk factors or stressors--food insecurity and isolation--through the implementation of a Garden to Table initiative. This approach aligns with Center for Disease Control (CDC), the Veterans Administration and the Department of Defense (DoD) strategies to address the crisis of suicide in women Veterans and other at-risk Veteran populations. Two of the key elements of the initiative include community gardens and wellness coaches.

PRI will develop and implement a Wellness Corps comprised of women Veterans who will assist staff in the creation of community garden sites and the delivery of gardening and nutrition curricula. The gardens will be located at the Rose Haven Center of Healing and at locations hosted by organizations in Beaufort and Pitt counties. The goal is to reduce food insecurity and isolation by providing a source of food and information on healthy eating; and a safe environment for veterans, and civilian families to interact. Supporting at-risk veterans, especially women veterans, will be our primary population. However, our project also will support community members who express interest in our activities.



PRI's wellness efforts involve an integrated and holistic mind, body and soul approach to healthy living that helps mitigate risk factors, such as trauma, anxiety, and stress that can lead to suicide and advance protective factors as effective suicide prevention.

The Wellness Corps is a feature of Pamlico Rose Institute's overall gardening approach *Garden Advocacy in Action (GAIA)*. Activities will occur at Rose Haven Center of Healing gardens and at community gardens in the area and include:

- 1) Multimonth wellness program including training, education, application and sustainability on gardening, nutrition, meal preparation and overall healthy lifestyles;
- 2) Creation/sustainment of gardens by Wellness Corps members and participating women Veterans, other Veterans and community members to provide organically grown produce to help address food insecurity;
- 3) Advocacy and support for community gardens.

Rose Haven Center of Healing and Gardens - A vital part of the Rose Haven landscape, and GAIA, are the healing gardens. Along with the Barn, the healing landscape is accessible to all abilities and stretches over ½ neighborhood block. The gardens consider tenants of horticultural, nature and forest and creative expression therapies, and the importance of movement to healthy living in its unique design. Raised vegetable bed produce and meditation gardens, council ring, several bridges, arbors and walkways are prominent features of the gardens.



For more information on PRI Food Corps and GAIA, contact Robert Greene Sands, PRI CEO at robert@pamlicorose.org

For more information on PRI, Rose Haven Center of Healing, and Total Life Fitness, contact Sands, Kaitlyn O'Donnell, kaitlyn@pamlicorose.org or visit the website, www.pamlicorose.org

