

# ABOUT US



## A Haven for Healing

Promoting wellness and building resilience for women Veterans is at the heart of our mission at Pamlico Rose Institute (PRI). Three blocks from the Pamlico River, in the heart of eastern North Carolina's Inner Banks, our innovative Rose Haven Center of Healing provides women Veterans and others an inclusive place and opportunity to learn and experience living healthy.

# CONTACT US



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**PAMLICO ROSE INSTITUTE**  
Rose Haven Center of Healing



## Serving women Veterans

By providing  
wellness and  
resilience building  
programs in Eastern  
North Carolina



Pamlico Rose



Pamlico Rose1





## Total Life Fitness

Total Life Fitness (TLF) is our philosophy and approach to wellbeing. TLF rests on four pillars: nature, creative expression, movement and building community. The Center's ½ acre of healing gardens, a soon to be completed (summer 2022) renovated 1892 farmhouse to be used as a retreat and learning center, and adjacent barn turned community center and maker-space (renovation to start summer 2022) offers an ideal setting to engage in activities, programs and events to foster living fit.



## TLF Programs

- Weekly Yoga in the Gardens - Thursdays at 9 am, also livestreamed on our FB page (with additional sessions coming soon)
- An Artist-in-Residence program for women Veterans/active military artists - The tenure of the residency is 6 months and includes a stipend, an opportunity for those interested to follow the artist's creative journey for several months, and a culminating art exhibit and presentation at Rose Haven.
- GRIT Restoration - a woodworking program repurposing reclaimed wood into furniture, décor and other "functionally aesthetic" pieces.
- Other visual art programs such as pottery, stained glass, and painting will start later in 2022 with the renovation of the barn.

We also have concerts, gardening, community volunteer workdays, and so many things in the works for the future!

With the Haven House nearing completion, starting in the Fall of 2022, we will return to holding multiday/weekend TLF retreats for women Veterans, starting recovery/support meetings, book

## SERVING WOMEN VETERANS

We provide individual financial assistance to women Veterans with bills or supplies to better their educational or professional advancement.

We are a board member of East Carolina Veterans Coalition and work with community-based and Veteran Service Organizations and foundations like Bob Woodruff.

Last year, we coordinated and delivered over \$30,000 to mitigate food insecurity to at-risk Veterans.

Our gardens provide food for Veterans in need, with fresh produce delivered weekly to different sites.



## PRI HEALTH CORPS



AmeriCorps



To continue to promote healthy living, we were awarded a Public Health Corps grant to expand our efforts to help counter the adverse impact of COVID-19 on food insecurity in under resourced people in our area.

PRI Health Corps members will bring a farm to fork approach, building several community gardens for groups such as women Veterans, the legally blind, and school aged children in eastern North Carolina.

Not only will the gardens feed and nourish these communities with food and nutrition education, they will also allow for the growth and development of the twelve PRI Health Corps members, many who we hope will be women Veterans, to expand and flourish!

We are so excited to be a part of this amazing new journey and are actively searching for prospective team members now!

Members receive a living allowance and health care, if needed, child care, if eligible, and after completing their year of service, an educational scholarship award.

Those interested in PRI Health Corps can contact Robert Greene Sands, Executive Director of Pamlico Rose Institute at [Robert@PamlicoRose.org](mailto:Robert@PamlicoRose.org) or apply online through the AmeriCorps portal at: <https://my.americorps.gov/mp/listing/viewListing.do?fromSearch=true&id=111606>