



HealthCoach

Timely, trusted advice from Outer Banks Health

The Outer Banks Hospital and Medical Group is now Outer Banks Health



Reaching New Horizons in Health

It is with great pride that we announce The Outer Banks Hospital and Medical Group is now Outer Banks Health.

The refreshed brand reflects our purposeful growth and innovation over the past two decades. It is our honor and privilege to strive to meet the health needs of Dare County residents and visitors. And while our name has evolved, our core mission to enhance the quality of life and elevate wellness for the people we serve remains constant. You will continue to receive the high-quality clinical care you've come to know, delivered with

compassion by medical professionals who go above and beyond every day.

Over the coming months, you'll notice the new name and logo throughout the community as we transition from The Outer

Banks Hospital and Medical Group to Outer Banks Health. The inclusion of the sunrise in our new logo is intentional because it honors this special place we all love. It also represents hope and our consistent daily efforts to reach new horizons in health for our residents and visitors.

"We will continue to innovate, expand services, and attract the best and brightest team members," said Ronnie Sloan, FACHE, president of Outer Banks Health. "In fact, that work is already underway with our new state-of-the-art cancer center, an expanded hospital laboratory, and our reinvestment in programs focused on community wellness." Sloan added, "Our refreshed brand brings 500 individuals together under one name. We are stronger than ever and laser focused on the needs of this community.

Together, our sights are set on the brightest horizons for health, and we rise every day to meet this opportunity head-on."

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President Ronnie Sloan, FACHE
Outer Banks Health



Education, Support, and Community Events

Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming, and the journey through treatment and beyond is challenging for everyone. That's why Outer Banks Health offers several free programs and support groups for people affected by cancer.

Support Groups

Coping with Cancer Support Group

Meets on the second Wednesday of each month, 11:00am-Noon

Breast Cancer Support Group

Meets on the third Wednesday of each month, 11:00am-Noon

Caring for the Caregiver

Meets on the fourth Wednesday of each month, 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at Janet.Creef@theobh.com.

Look Good, Feel Better

Outer Banks Health cancer services offer the Look Good, Feel Better program for local cancer patients. Trained beauty professionals demonstrate the use of makeup techniques, wigs, and scarves to help women with cancer cope and adjust to the side effects of treatment. Provided free of charge to all female cancer patients, it is also offered virtually. For more information, please call 252-449-5935 or email Marie.Neilson@theobh.com.

Outer Banks Health Stroke Support Network

A stroke can be an overwhelming diagnosis. Outer Banks Health offers a free virtual Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and information on registration, contact Robin South, RN, at 252-449-4554 or by email at Robin.South@theobh.com.

Tuesday, February 7 | 11:00am-Noon via Zoom

Skin Checks

Outer Banks Health offers FREE skin checks by appointment. Protecting your skin from the sun and having regular skin checks are essential to staying one step ahead of skin cancer. To reserve an appointment, call 252-449-4529.

Tuesday, February 7 | 2:00pm-4:30pm | Family Medicine - Nags Head East | 4917 S. Croatan Hwy., Nags Head

Advance Care Planning

Do you know who will get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

Thursday, February 16 | 9:00am-10:00am | Baum Senior Center | 300 Mustian St., Kill Devil Hills

The Blood Connection Blood Drive

The Blood Connection will be hosting a community blood drive on the Outer Banks. All donors will receive a \$20 e-gift card. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, use the QR code, or for more information, call 252-449-4529.

Saturday, February 18 | 10:00am-3:00pm | The Outer Banks Family YMCA | 3000 S. Croatan Hwy., Nags Head



FREE Wellness Screenings

Outer Banks Health offers free wellness screens, which include checks on blood pressure, heart rate, cholesterol, blood sugar, body mass index, and health coaching. Appointments are highly recommended and take priority; call 252-449-4529.

Tuesday, February 21 | 9:30am-Noon

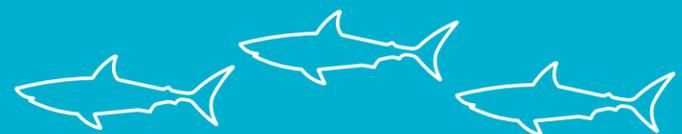
Fessenden Center | 46830 NC Hwy. 12, Buxton

Tuesday, February 21 | 1:30pm-3:30pm

Hatteras Library | 57709 NC Hwy. 12, Hatteras

Tuesday, February 28 | 9am-3:00pm

Baum Senior Center | 300 Mustian Street, Kill Devil Hills



Namaste with the Sharks

Wednesday, February 22 | 5:45pm-6:45pm

NC Aquarium on Roanoke Island | 374 Airport Road, Manteo

Join us for a FREE yoga class in the Graveyard of the Atlantic Gallery exhibit. The class is designed for both men and women of all skill levels. Gate opens at 5:15pm. The Aquarium will not be open during this event, but restrooms will be available. This is a family-friendly class; children may join with adult supervision. Please bring your own yoga mat and water. RSVP no later than Tuesday, February 21 to secure your spot by calling

252-449-4529

The Tribute Paths

Help build The Cowell Cancer Center tribute paths with an engraved paver that honors or memorializes a loved one.



For more information, please contact our Outreach & Development office at 252-449-4529.

LOVE YOUR OUTDOOR LIVING SPACE

\$20 PER TICKET

RAFFLE

DRAWING WILL BE
Tuesday, February 14, 2023

To purchase tickets, use QR code or visit
TheOBH.com/galatogo2023

<p>Wilmington Grill</p>	<p>Adirondack Chairs (4)</p>	<p>Yeti Tundra 45 Cooler & Tumbler Set</p>	<p>Wooden Cornhole Set</p>
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