




Healthier Foods for Employees and Visitors

Carteret General Hospital achieved Red Apple status from the NC Prevention Partners (NCPP) early December. As such, Carteret General is taking important steps to offer healthier foods to employees and visitors including portion guidelines, healthy lifestyle education and employee incentives as part of NCPP statewide Healthy Food in Hospitals initiative.

To read more about our Red Apple designation, [click here!](#)



FREE Heart Screening and Medication Review

During Heart Month Carteret General encourages you to take advantage of our FREE heart failure screening on February 9th, 16th and 23rd from 2pm to 4pm at the CGH Urgent Care (3722 Bridges Street.) This will also include education material and a medication review. To participate in the medication reconciliation provided by Hospital pharmacists, bring you medication (prescriptions, over-the-counter and herbal) or a list of your medications. These screening and reviews will take place on Wednesdays in February!

Free Community Education offered by Carteret General Hospital

OH, MY ACHING BACK!

Latest treatments for Osteoarthritis

FREE!

Arthritis can affect every aspect of your life. When it comes to the point of needing to consider surgical treatment, there are many new and innovative techniques available. Learn the latest advancements for treatment of Osteoarthritis.

Offered free by:  Carolinas Center
for JOINT AND SPINE



Presented by
Ash F. Guirgues, MD
*Board Certified Orthopedist
Fellowship Trained Spine Surgeon*

Monday, January 31st, 6PM

*Call Scheduling at 808-6200 to reserve your seat in Joselyn Hall at
Carteret Community College. Space is limited.*

Save the Date!

2011 Hospital Gala

Saturday, April 9th

Dunes Club, Atlantic Beach

Email Michelle Lee at mlee@ccgh.org to request an invitation, volunteer for the committee or request sponsor information. Proceeds will benefit a new cancer center in Carteret County.



Community Calendar

Blood Drive - January 21, 11am-5pm - American Red Cross is hosting a blood drive at Carteret General Hospital. Open to the public.

"OH, my aching back" - January 31, 6pm - Latest treatments for Osteoarthritis presented by the Carolinas Center for Joint & Spine and Dr. Ash Guirgues, American Board Certified in Orthopedic Surgery and Spine Surgery. Call 808-6200 to reserve a seat in Joselyn Hall at Carteret Community College.

Heart Screenings & Medication Review - Wednesdays, February 9, 16 & 23, 2pm - 4pm - Free heart failure screenings, education and medication reviews at the CGH Urgent Care at 3722 Bridges Street. To participate in the medication reconciliation provided by Hospital pharmacists, bring your medications (prescription, over-the-counter and herbal) or a list of your medications.

Lap-Band Weight Loss Surgery - February 14, 6pm - Everything you want to know about weight loss surgery presented by Dr. Michael Bell and Dr. Ted Johnson of Carolinas Center for Surgery. Support Group meets from 7 - 8pm. Crystal Coast Civic Center. Call 247-2101, Ext 2000 for more information.

Purvis Chapel Health Fair - March 12, 2011, Free Health Fair at Purvis Chapel AME Zion Church, 217 Craven Street, Beaufort. Free Healthy Living Screenings and Education. Asthma/Pulmonary Function, Bone Density, Blood Pressure, Blood Sugar/Glucose Checks, Vision. Call 808-6106 for more information.

Hospice Volunteer Training - March 29, 30 & 31, 9am-3pm - Call 808-6085 if you are interested in making a difference for Hospice of Carteret County patients and families. Lunch will be provided.

Down East Health Fair - March 31, 3-6pm at Taylor Extended Care, Sea Level - Free Healthy Living Screenings and Education. Blood pressure, diabetes, vision tests, PFT. Kids Corner. Call 225-4611.

Hospital Gala - April 9 - Volunteers are needed for CGH Foundation's Hospital Gala at the Dunes Club. All proceeds benefit cancer care in Carteret County. Contact Michelle Lee at 808-6336 or pr@ccgh.org to volunteer, request an invitation or sponsorship information.

To see more of our Upcoming Events, please [click here!](#)



Find us on
Facebook

Thank you for supporting Carteret General Hospital and healthcare in Carteret County. Please feel free to contact us at pr@ccgh.org or (252) 808-6336 should you have any questions or suggestions.



SPOTLIGHT *on*
Excellence
RADIO SHOW

Tune into WTKF 107.1 every Tuesday 8:30 AM
for a live discussion on health information and
services from Carteret General Hospital.

