

# BEAUFORT REGIONAL HEALTH SYSTEM COMMUNITY CALENDAR



Beaufort Regional Health System

We are proud to be your choice for health care...right here at home!

www.beaufortregionalhealthsystem.org

## Inner Banks Urgent Care

Lis Cook, MD | Anita Woolard, FNP

Monday-Friday 8am-6pm

608 E. 12th St., Washington

Offering same day appointments



### General Services Include:

School & Sports Physicals

Cuts & Minor Lacerations

Sprains & Minor Fractures

Flu, Fever & Ear Infections

Burns & Bites

Work Related Injury

Urinary & Gynecological Infections

Lab & X-ray Available

We gladly see children

3 years and older.

Walk-ins are welcome.

For an appointment call

**252-948-3200**

# AUGUST

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2 Restorative Yoga and Meditation 6:00pm  Cost Containment Committee Meeting 8:00am	3	4	5 Cancer Caregiver Support Group 4:00pm	6 Cost Containment Committee Meeting 9:00am	7
8	9 Look Good... Feel Better 2:00pm Restorative Yoga and Meditation 6:00pm	10	11	12 Better Breathers Support Group 2:30pm Conversations Support Group 4:00pm	13 Cost Containment Committee Meeting 9:00am	14
15	16 Restorative Yoga and Meditation 6:00pm	17 Breast Cancer Support Group 11:00am	18	19 Cancer Caregiver Support Group 4:00pm	20 Cost Containment Committee Meeting 9:00am	21
22	23 Restorative Yoga and Meditation 6:00pm Quality Improvement Committee Meeting 12:00 noon	24	25	26 Diabetes Education 10:00am Conversations Support Group 4:00pm Benefits of Journaling 6:00pm <i>Dinner will be provided.</i>	27 Cost Containment Committee Meeting 9:00am	28
29	30 Restorative Yoga and Meditation 6:00pm  Finance Committee Meeting 12:00 noon	31 Joint Meeting BRHS Authority Board Of Commissioners & BCMC Board of Trustees 12:00 noon				

Please call the Beaufort County Medical Center Education Department at 975.4309 for more information on any of these programs.



### BRHS welcomes Jessica Triche, MD to Washington Family Medicine.

Dr. Jessica Triche will begin seeing patients on August 9<sup>th</sup>. Dr. Triche received her medical degree from the Brody School of Medicine in 2007. She completed her residency in family medicine at Moses Cone Health System in Greensboro, where she has served as Chief Resident. The practice is open Mon – Thurs from 8:00am – 5:00pm and 8:00am – 12:00 noon on Fridays.

**Now accepting new patients 252.975-2667.**