Thank you!

We want thank each of you for your hard work and dedication during the recent winter weather and computer downtime. These events posed many challenges, but with your focus and team work, we didn’t skip a beat in caring for our patients. There were hundreds of physicians, nurses and staff members who spent time away from their families and made sacrifices to make sure that our patients received the best care possible.

Putting the needs of others ahead of your own speaks volumes about each of you. It’s these sacrifices and our team work that set us apart and makes being a part of CaroMont Health so special.

**On behalf of the Senior Leadership team, thank you for all you do!**

CaroMont Community Challenge Registration Now Open!

Preparations are underway for the second annual CaroMont Community Challenge! CaroMont is teaming up again with groups and organizations from all over Gaston County to get our community moving toward a healthier lifestyle. Mark your calendar and make plans to join us for this fun-filled day of exercise and activities for all fitness levels.

This year’s event will be held on Saturday, May 16, 2015, at Stuart W. Cramer High School in Belmont. The event features a 5K run, a 1-mile fun walk and activities for the whole family. There will also be opportunities to check out health and wellness resources available right here in our community. Registration is now open! Visit [www.caromontcommunitychallenge.com](http://www.caromontcommunitychallenge.com) for more information or to sign up today.

To help get the community moving, we are looking for enthusiastic volunteers to be Group Leaders for Couch to 5K training sessions throughout Gaston County. If you’re up for the challenge, visit [www.caromontcommunitychallenge.com/training](http://www.caromontcommunitychallenge.com/training) to sign up today!