



SeaCare

COORDINATING · COACHING · CONNECTING · CARING

Join Us!

Experience the ride. Share the health.

Thousands of our seacoast area neighbors and friends are without health insurance. Experience the challenge of cycling the Three Notches and help share the health by supporting SeaCare's efforts to ensure affordable access to health care for all.

When: Saturday, September 11, 2010, 7:00 am

Where: Ride will begin in North Conway, NH

Ride: 100-miles. Relay teams welcome!

How: Learn more at

www.seacarehealthservices.org

603-772-8119 x108

**Team SeaCare
Sponsored by:**



EXETER HOSPITAL

an exeter health resource

| The Art of Wellness

Team SeaCare Supporters:

Pediatric Associates of
Hampton and Portsmouth

McLane Law Firm

Team SeaCare Friends:

CMH Wealth
Management, LLC

Wheelabrator Technologies, Inc.

Strategic Employee Benefit Services

Northeast Passage

Explore the possibilities ...



The Three Notch Century is organized by Northeast Passage.

NEP is a disability-related health promotion and adapted sports program at UNH.

Join Team SeaCare for the Three Notch Century!

