



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 10, 2011, 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



Join Team SeaCare for the Three Notch Century!

Sponsored by: Pediatric Associates of Hampton & Portsmouth, P.C., CMH Wealth Management, LLC, Martel Dorow, Inc., Strategic Employee Benefit Services, Wheelabrator Technologies

The Three Notch Century is organized by Northeast Passage. NEP is a disability-related health promotion and adapted sports program at UNH.