



Thank you for running your race with us.



Dr. Josh Shoemake joins H3 Healthcare September 1st.

We are glad you are ***RUNNING YOUR RACE*** with us at H3 Healthcare. As summer comes to an end, we still have work to do! As a team, we have made the decision to be intentional about some of the things we want to change about ourselves. Each of our races will look different, but our goal is to grow more PATIENCE and SELF-CONTROL. We will focus on our inward selves, having confidence that our outward appearances will take care of themselves.

Josh Shoemake, MD will be starting his RACE at H3 Healthcare September 1st! Dr. Shoemake has been practicing internal medicine for the past 14 years in Charlotte, 10 of which were with Dr. Harrell. They trained in internal medicine together and have shared patients since starting private practice. Dr. Shoemake has been voted one of Charlotte's "Best Doctors" by peers, patients, Charlotte Magazine, and the North Carolina Business Journal on multiple occasions. Josh is a superstar, not only because of his wife Joni and three children Jack, Luke, and Emmy, but he loves to play golf, fish, and watch football. Josh is ready to run at H3 Healthcare and looks forward to reconnecting with new and old patients.

THE BIGGEST WINNER WEIGHT LOSS CHALLENGE kicks off August 17th (see details below), but some of us have some OTHER THINGS to shed (or add) to our daily routine. We all need to give up comparing ourselves to others because it only steals our joy and slows us down. Alcohol, soda, sweets, and eating out are a few of the things H3 team members are axing. Exercise, stillness, focusing on real relationships, and saying no to things that don't make our heart sing are some of our "to-do's". Whether you want to lose weight or want to unload some of the other baggage we are all carrying (i.e. anxiety, addiction,

anger...) please let us know if you would like to receive weekly tips via email over the next month (katie@h3healthcare.com).

Many of you have inspired us this year as we've watched you run your races with your unique gifts! We are grateful for your willingness to share.



Alli - She trained as if she was going into battle....with perseverance and endurance, she ran the Boston Marathon at an 8 minute/mile pace (and never gave up dessert, even ice-cream)!

Scott - Hurdling over adversity, he has discovered REAL guys find goodness in a balanced work-home life. He is helping his wife battle cancer and is an engaged dad.



Mary – A recent widow, she chooses life over death and is “super mom” to 3 special kids. Peace and joy radiate from her as she continues to navigate life as a single parent.

Joe Hall - He gets knocked down but gets up again...and again. Whether he is up or down, he gives and gives...money and wisdom....anonymously!



Why Exercise?

Heart disease is the #1 cause of death in the US. 1 in 4 Americans will die from heart disease. The good news is all of us can do more to prevent it.

Many risk factors are treatable: high cholesterol, diabetes, smoking, obesity, and lack of exercise. Research increasingly shows stress & poor mental health are linked to heart disease.

Stress affects the way our blood clots and increases blood levels of cortisol and adrenaline, all of which can increase the risk of a heart attack.

Exercise tackles almost every risk factor for heart disease. The American Heart Association recommends 30 minutes/5 days a week of moderate aerobic activity but give yourself grace...if all you have is 15 minutes, go for it and see how much better you feel.



An Opportunity to make a Difference!



Moore Place – Urban Ministry Center

The HousingWorks approach is simple: give chronically homeless individuals what they need most – a safe, stable, affordable home – and then provide the wrap-around support to help them remain housed and regain lives of wellness and dignity. Host a BINGO night, donate old furniture, help transport clients to appointments, grocery shopping and community events.



Communities in Schools

The mission of Communities In Schools is to surround students with a community of support, empowering them to stay in school and achieve in life.

Walter G. Byers School (TK-8th grade) is in need of volunteers for lunch buddies, reading buddies, and tutors. Individual and group opportunities are available.



Fashion & Compassion connects women who are overcoming poverty and injustice with HOPE and a future for themselves and their children by connecting them with God and to western markets where they can sell their beautiful products. Host a trunk show, volunteer an event, or help with administrative tasks.



Charlotte Family Housing is a shelter-to-housing program for homeless families. The mission is to empower homeless families to achieve long-term self-sufficiency through shelter, housing, support services and advocacy. Volunteer opportunities include becoming a part of a hope team, providing meals for group meetings, gardening projects, and more.



BINGO Night winners at Moore Place with H3 on July 14th!

Biggest Winner Challenge

Last chance to sign up for the biggest winner weight loss challenge! We are kicking off August 17th and the prizes are BIG.

Please contact Katie at katie@h3healthcare.com if you'd like to get involved with any of the non-profits organizations in the community.