



**Health and Wellness Veteran
Non-Profit Partnership Program**

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Racing for Heroes' Mission Statement

Racing for Heroes (RFH) brings awareness of the issues facing the veteran community to the nation. We accomplish this through impactful programs that enhance the bonds of the veteran community through racing, competition, motor sports, and outreach; as well as, coordinated programs to enhance the health & wellness and education & employment opportunities of veterans. We do this in order to allow veterans and their families to experience life to the fullest potential with the ultimate goal of bringing an end to veteran suicide.

Need For Intervention¹

RFH has developed a Health and Wellness Program in response to the dire need for health and wellness services among our nation's veterans. This need is the result of complex interactions between many factors. Military service, especially combat deployment, is associated with a high number of physical and psychological stressors that directly and indirectly effect a veteran's current and future health outcomes. Given the steady decline in personnel tempo (i.e. the number of service members available for deployment) and increase in operational tempo (i.e. how actively units are being deployed), service members are exposed to more deployment related stressors than ever before.

The increased exposure to combat related stressors that today's veteran face has caused their collective health to be worse than the health of the U.S. population in general. Veterans exhibit higher rates of obesity, coronary heart disease (CHD), stroke, cancers, chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, arthritis, rheumatoid arthritis, gout, lupus, fibromyalgia, depressive disorders, and diabetes. The pressures of a disproportionately unhealthy veteran population has placed immense strain on the Veterans Health Administration (VHA) resulting in decreased accessibility to health and wellness services for our nation's veterans.

The combination of increased service-related morbidities and decreased accessibility to necessary health and wellness services has resulted in a downward spiral of physical and mental health among veterans, which for too many results in suicide. In response to this evolving epidemic, RFH has tailored the Health and Wellness Program to meet the needs of our nation's veterans to help them live their healthiest lives and ultimately bring an end to veteran suicide.

Foundations and Program Overview

The overhaul of the Health and Wellness Program is in response to the needs expressed by thousands of veterans and current research. After consulting with RFH's Founder Mike Evock, Board Member Richard Camp D.O., Executive Director Brett Morash Ph.D., Marian Laroux RN, and Joshua Babb MPH, RFH decided that a truly holistic approach to health and wellness was necessary so that root causes of underlying health problems could be addressed. To this end and in contrast of the current one size fits all approach propagated by big pharmaceutical conglomerates and corporate medicine, RFH will utilize a functional medicine approach to tailor a health and wellness regimen to the individual needs of each program participant. This will allow the treatment of physical and mental health issues and include functional medicine labs, bioidentical hormone replacement therapy (BHRT), vitamin and

¹ Betancourt, J. A., Granados, P. S., Pacheco, G. J., Reagan, J., Shanmugam, R., Topinka, J. B., Beauvais, B. M., Ramamonjivarivelo, Z. H., & Fulton, L. V. (2021). Exploring Health Outcomes for U.S. Veterans Compared to Non-Veterans from 2003 to 2019. *Healthcare (Basel, Switzerland)*, 9(5), 604. <https://doi.org/10.3390/healthcare9050604>

mineral supplementation, lifestyle, nutrition, and exercise counseling, hyperbaric oxygenation therapy (HBOT), whole-body cryogenic therapy, and red-light therapy. To be able to give this type of holistic treatment to our veterans, RFH has decided to commission a Health and Wellness Center. Please see Appendix A for an overview of the need for a designated RFH Health and Wellness Center and a conceptual design of the RFH Health and Wellness Center.

A participant will start the program by undergoing bloodwork ordered by Dr. Camp. Once this bloodwork is received and reviewed by Dr. Camp, the participant will have an initial consultation at the Health and Wellness Center. The initial consultation will include a full physical examination and discussion of the participant's known needs. Using this information and the results of the preliminary bloodwork, Dr. Camp will develop an initial health and wellness regimen for the patient. This regimen will include, to whatever degree necessary, lifestyle, nutrition, and exercise counseling, BHRT, HBOT, vitamin and mineral supplementation, whole-body cryogenic therapy, and red-light therapy.

After initial consultation, Joshua Babb will serve as the primary point of contact for program participants with regards to any non-medical questions. This includes scheduling treatments, ascertaining program compliance, collecting participant feedback, and coordination of outside services to ensure continuity as well as continuous quality improvement (CQI) of the Health and Wellness Program. This is critical in guaranteeing the program is always evolving to meet the ever-changing needs of our veterans population. Participants will continue their prescribed health regimen while also having a minimum of one telehealth call per quarter between the patient and Dr. Camp as well as biannual bloodwork. The information obtained through these sources as well as feedback and compliance information from Joshua Babb will be used to adjust participants' health regimens as well as assess continued program eligibility. Please see Appendix B for inclusion/exclusion criteria. By utilizing this iterative plan, do, study, act (PDSA) approach, we can deal with the complexity of each individual's circumstances to create a tailored program that allows him to live his best possible life.

Veteran Non-Profit Partnership Program

To further increase the impact that RFH can have on the lives of our nation's veterans, RFH will partner with other veteran serving non-profit organizations. These organizations will be charged an extremely reduced rate to cover the cost of services rendered. This will allow other non-profits to: a) offer services not previously offered or b) save money on services currently offered through a third-party contract. Either way, it will afford more of our nation's veterans access to services they desperately need and deserve. Please see Appendix C for Veteran Non-Profit Partner's Pricing Model and Services List.

Functional Versus Conventional Approach... A Brief Discussion

When thinking about the direction of the Health and Wellness Program, RFH had to decide between a conventional medicine or a functional medicine approach. Conventional medicine is a doctor centered system that is disease oriented. It yields a symptoms-based diagnosis resulting in a uniform treatment plan for all patients. This plan is designed to deal with only one disease and looks to merely mitigate symptoms rather than cure an individual. Lastly, conventional medicine necessitates that an individual has a disease before treatment can begin.

Conversely, functional medicine is a patient centered system that is health oriented. It yields a diagnosis based on individual biochemical factors resulting in a customized holistic treatment plan for each individual patient. This plan is designed to promote overall health and wellbeing while treating root causes of a patient's problems. Further, functional medicine has a focus on sickness prevention through ongoing holistic treatment. Please See Appendix D for a comparison of the conventional medicine and functional medicine approaches.

When examining these two approaches, it was clear to RFH Founder Mike Evock and Board Member Dr Richard Camp that a functional medicine approach was best for our veterans. This decision was certainly influenced by Dr Camp's and Mike's background as US Army Special Forces Operators as they understand the necessity for unique solutions. Further, consulting with the team and conducting research of the current medical landscape showed that the "status-que" approach is conventional medicine. Given that the current system has failed so many veterans and to not fall into Einstein's definition of insanity of doing the same thing over and over and expecting different results, RFH's Health and Wellness team unanimously agreed with a functional medicine approach. Please see Appendix E for a brief overview of the services offered within the Health and Wellness Program. Further, please see the Vitamin and Supplement Program document for a complete overview of that program.

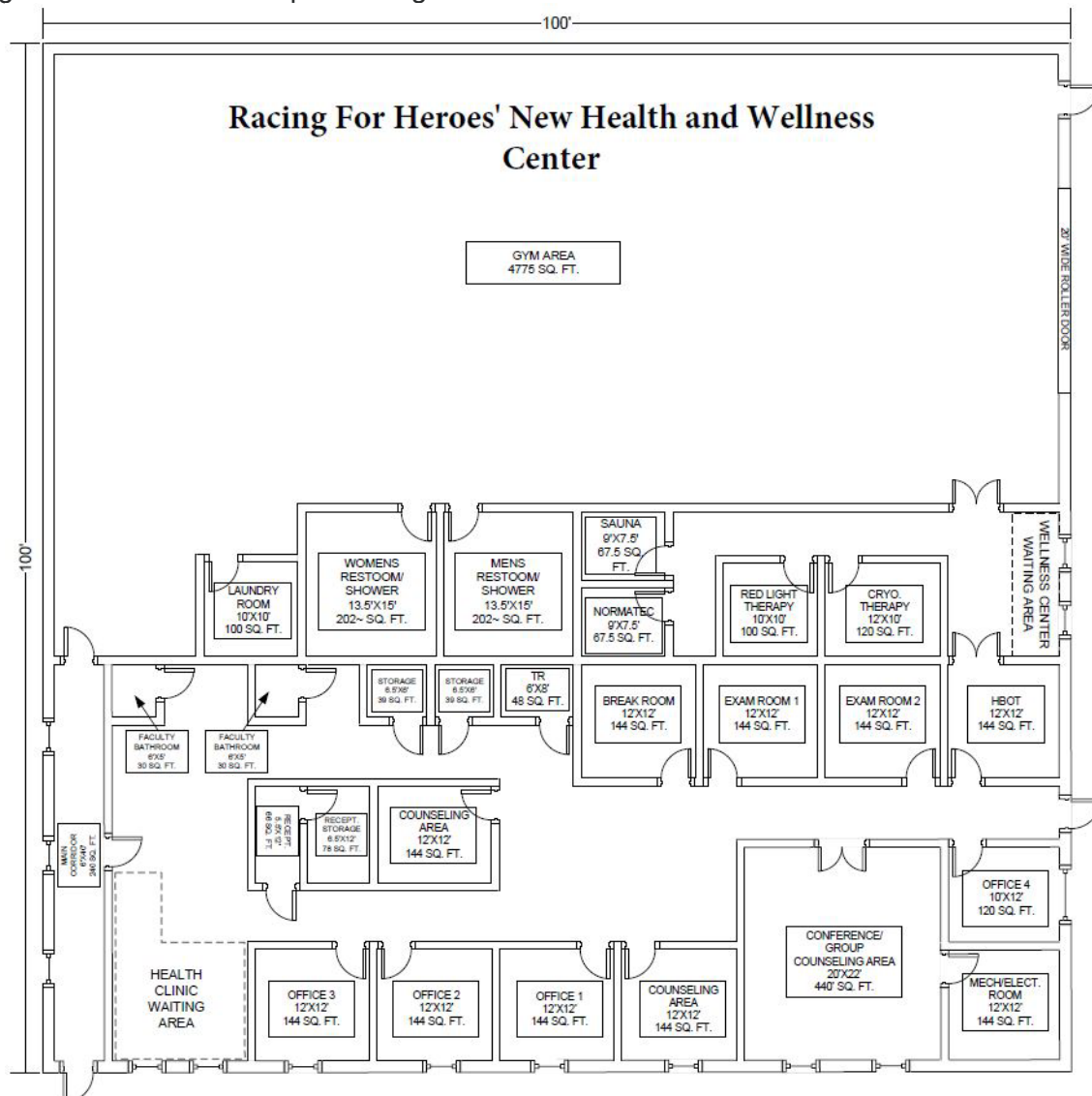
In Closing

We are so grateful to have the opportunity to positively impact the lives of our nations veterans and are proud of all we have been able to achieve so far through our various programs. The extensive overhaul of our Health and Wellness Program is an exciting development for RFH that will reposition us moving forward by allowing us to partner with other non-profits serving the veteran community. Together, we can amplify our efforts exponentially to positively impact lives of even more veterans and bring an end to veteran suicide. In Appendix F you can get to know the RFH Health and Wellness team by reading the biographies of key program personnel. Finally, we are hopeful that this brief document provides insight into our program and hopefully becomes part of your philanthropic efforts. If you require any further information, please do not hesitate to reach out to Joshua Babb at babbj@racingforheroes.org or (910) 603-0044.

Appendix A: RFH Health and Wellness Center Information

Providing the holistic care necessary to address the root causes of complex medical problems will require a cohesive implementation of many different services within the health and wellness space. Offering these services in concert with one another will allow for an exponentially greater impact on one’s health than the current compartmentalized approach being utilized in the health and wellness space. This approach considers the interaction between therapies and understands that a system is far greater than the mere sum of its part.

To this end, it is necessary to have complete health and wellness center. This center will be designed to take the best of current health service modalities and house them under one roof. Further, it will be designed to give a sense of warmth and comfort that is typically lacking in current medical facilities while also ensuring that pinnacle of health standards and safety standards. Building this center will come at considerable cost; however, RFH believes this cost is necessary to ensuring quality and completeness in the care we give our nation’s veterans. Please see the below table for infrastructure and equipment cost breakdown as well as an image of our current conceptual design.



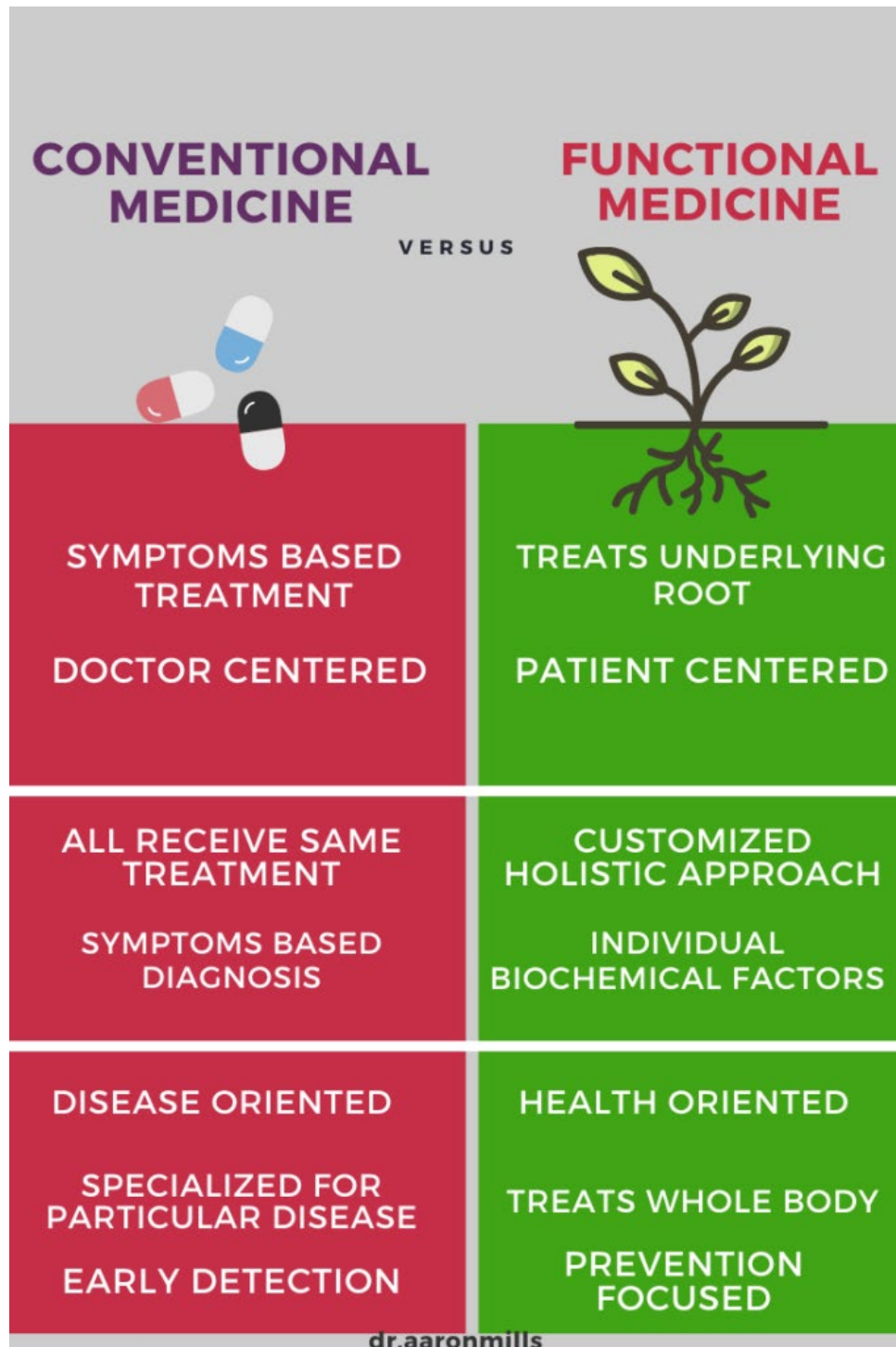
Appendix B: Program Inclusion/Exclusion Criteria

Given RFH's mission to help as many veterans as possible, any era veteran is eligible for entry into the Health and Wellness Program except for any veteran with a dishonorable discharge status. Further, to continue in the Health and Wellness Program, participants must make an attempt to adhere to the prescribed health and wellness regimen. Note this does not imply that program participants must be perfect in adhering to their individual health regimens, nor will that ever be the expectation. This caveat is simply included to ensure that RFH is being a good steward of our philanthropists' donations and other scarce resources. To this end, if a veteran is willing to put forth any effort, RFH is committed to serving them and finding a health and wellness plan that works for them.

Appendix C: Veteran Non-Profit Partner’s Pricing Model and Services List

Veteran Non-Profit Partner’s Services	Veteran Non-Profit Partner Pricing
In-Person Doctor’s Visit 60/30 mins	\$225.00/112.50
Telehealth Call 30 mins	\$49.50
Lifestyle, Nutrition, and Exercise Counseling	Included with cost of In-Person/Telehealth Visit
Evaluation of Functional Medicine Labs (FML)	At Cost + \$25.00
Bioidentical Hormone Replacement Therapy	At Cost + \$175.00/visit; min 4 visits and FMLs per year
Vitamin and Mineral Supplementation	At Cost + \$100.00/FML; min 2 FMLs per year
Hyperbaric Oxygenation Therapy	\$100.00/full-session (1 hour) \$55.00/half-session (0.5 hours)
Whole-Body Cryogenic Therapy	\$7.50/3-6 min session
Red-Light Therapy	\$7.50/20 min session

Appendix D: Conventional Vs Functional Approach²



² *Functional Medicine* - Glow Natural Health Center. (n.d.). Retrieved April 4, 2022, from <https://glownaturalhealth.com/functional-medicine/>

Appendix E: Health and Wellness Services Overview

Lifestyle, Nutrition, and Exercise Counseling^{3,4}

Lifestyle nutrition, and exercise counseling is an important component for any approach to health and wellness. Scientific research has shown that health and wellness outcomes are influenced far more by lifestyle choices rather than genetic makeup. In fact, a conservative estimate by the World Health Organization (WHO) maintains that 60% of all health and wellness is attributed to lifestyle factors and only 40% is the result of genetic makeup and healthcare combined. Further, as our understanding of epigenetics increases (the factors that cause genes to be on or off), the importance of healthy lifestyle choices becomes more apparent. Therefore, any health program that ignores lifestyle, nutrition, and exercise counseling fails to address the most prominent factor in current and future health outcomes.

Given the importance of lifestyle choices and RFH's commitment to a functional approach, all program participants will receive lifestyle, nutrition, and exercise counseling to promote overall health and wellness while addressing the largest factor in health outcomes. This counseling will include stress management techniques, daily lifestyle habit optimization, and individualized nutrition/exercise plans. "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." – Attributed to Hippocrates

Vitamin and Mineral Supplementation

Vitamins and minerals play critically important roles in all the body's systems and processes. Everything from the immune, endocrine, cardiac, and respiratory systems to energy production, metabolism, and mood control requires vitamins and minerals. Therefore, having an imbalance of these vitamins and minerals can cause havoc in the body and produce a variety of undesirable symptoms, which in cases can be life-threatening.

Given the importance of vitamins and minerals in the body and RFH's commitment to a functional approach, all program participants blood work will include a micronutrient analysis. This will allow for the creation of a tailored vitamin and mineral supplement regimen for each participant to ensure specific biochemical needs are addressed.

Bioidentical Hormone Replacement Therapy⁵

Hormones play a critical role in the body's messenger system. Hormones are produced by endocrine glands before being released into the bloodstream where they are carried throughout the body. Hormones help control many different functions including but not limited to growth, reproduction, metabolism, and sexual function. Therefore, appropriate hormone levels are critical to living a healthy and fulfilling life. Bioidentical hormones are man-made chemicals derived from plants that are designed to be identical to the hormones produced by one's body. Of all the different types of hormones on the market, bioidentical hormones are the closest to the

³ *What Is Lifestyle Therapy — and Why Is It the New Blockbuster Medicine?* (n.d.). Retrieved April 5, 2022, from <https://www.inhealthonline.com/health-coach-blog/what-is-lifestyle-therapy-and-why-is-it-the-new-blockbuster-medicine>

⁴ *Genetics or Lifestyle - Where Is The Cause of Disease?* | American Council on Science and Health. (n.d.). Retrieved April 5, 2022, from <https://www.acsh.org/news/2018/07/02/genetics-or-lifestyle-where-cause-disease-13139>

⁵ Brennan, D. (2021, May 15). *BHRT: What is it and How Does it Work?* <https://www.webmd.com/menopause/what-is-bioidentical-hormone-replacement-therapy>

real thing, and BHRT can be incredibly helpful for individuals that fail to produce adequate hormone amounts on their own or otherwise suffer from hormone imbalances.

Another advantage of BHRT is the ability to address the unique needs of each patient through the use of compounded bioidentical hormones. Compounded bioidentical hormones consist of a blend of hormones in specific types and quantities that a doctor tailors to a patient's specific needs and is then created by a pharmacist. This method recognizes the uniqueness of each patient's circumstances and is in-line with RFH's functional approach. To determine what the compound should contain, a simple saliva test or full bloodwork can be done. However, the simple saliva test method is not always accurate in determining actual hormone levels and for this reason RFH will always use full bloodwork to determine the need for BHRT. By partnering with Hometown Pharmacy, RFH is excited to add compounded bioidentical hormones to the services within the health and wellness program. As with all hormone replacement therapies, there are risks involved with BHRT. These risks will differ across the patient population and be discussed with the patient prior to beginning any treatment. Further, all participants that end up on BHRT, will undergo quarterly rather biannual bloodwork to ensure proper hormone levels and help detect any issues early on.

Hyperbaric Oxygenation Therapy^{6,7}

Hyperbaric Oxygenation Therapy (HBOT) allows a user to breathe pure oxygen in a pressurized environment. This non-invasive medical treatment allows increased oxygen to be delivered to all areas of the body. In fact, a single hour of HBOT results in the uptake of roughly 2.4 pounds of oxygen into the tissue. This is 10 to 15 times greater than the amount received under normal conditions. This acute increase in pressure and oxygenation has many well documented benefits and has shown promise in the treatment of many medical conditions. Some of these conditions include traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), migraines, wound care, cancers, and much more. For a comprehensive list please click on the [link](#) or visit www.nationalhyperbaric.com. Given the elevated incidence of TBI and PTSD within the veteran population, RFH wants to be able to offer any therapy available to help with these conditions. To that end, RFH commissioned a hyperbaric oxygenation chamber in 2021 and is proud to now offer this service in house.

HBOT also fits into RFH's functional approach as it is more than just a way to treat a condition but promotes overall health and wellness in already health individuals as well. The benefits of HBOT for already healthy individuals include the promotion of new blood vessel growth, decreased swelling and inflammation, deactivation and removal of toxins, increased ability to fight off infection, improved cognitive function, possible skin rejuvenation, and improved athletic performance and recovery. This increase in general health and wellness is why elite athletes and US Special Operations use HBOT to help them preform at their best, and RFH wants to ensure that this service is available to all veterans so they to can be their best.

⁶ National Hyperbaric. "What Is Hyperbaric Oxygen Therapy?" *National Hyperbaric*, 2020, <https://nationalhyperbaric.com/hyperbaric-oxygen-therapy/>.

⁷ Doenya-Barak K, Catalogna M, Kutz I, Levi G, Hadanny A, et al. (2022) Hyperbaric oxygen therapy improves symptoms, brain's microstructure and functionality in veterans with treatment resistant post-traumatic stress disorder: A prospective, randomized, controlled trial. *PLOS ONE* 17(2): e0264161. <https://doi.org/10.1371/journal.pone.0264161>

Whole-Body Cryogenic Therapy^{8,9}

Whole-Body Cryogenic Therapy (CT) is simply the process of exposing the whole body to extremely cold air for 3-6 minutes. The air temperature within the cryogenic therapy chamber is between -120°F to -145°F. This causes the surface temperature of the skin (not your core) to rapidly decrease. This rapid decrease in skin temperature causes vascular constriction in peripheral arteries shunting blood back to your core. After the session is finished, the body begins to warm back up and vasodilation occurs allowing oxygen rich blood to flow to muscles, joints, and other areas that otherwise wouldn't receive good circulation. This hermetic response also triggers the release of many chemicals including cold-shock proteins that are important to recovery. Further, the treatment triggers the release of endorphins and norepinephrine, which are hormones that play a positive role in mood, energy, and metabolism.

On top of the raw health and wellness benefits described above, there is mounting evidence surrounding the use of whole-body CT in the treatment of several different medical conditions. Some of these medical conditions include migraines, nerve irritation, anxiety, depression, and arthritis. RFH is excited to be partnering with TridentCryo to be able to offer whole-body CT. Using the state-of-the-art electric cryogenic chambers offered by TridentCryo, RFH will be able to administer the highest quality cryogenic therapy on the market without the dangers associated with nitrogen based cryogenic chambers.

Red-Light Therapy¹⁰

Red-Light Therapy is a therapeutic technique that uses low-level wavelengths of light (red) to help promote growth and recovery. The basis of this technique is its effect on the mitochondria. Mitochondria, often referred to as the powerhouse of the cell, are responsible for cellular energy production. The low-level wavelengths penetrate roughly 5mm into the skin and produce a biochemical reaction that causes an increase in the production of adenosine triphosphate (ATP), which is the body's energy currency. With more energy, cells can function more efficiently and repair damage more easily.

When first discovered, it was thought to be a method for only treating minor skin conditions and addressing wrinkles. However, the evidence of red-light therapy's validity as a supplemental treatment in other morbidities is continuing to grow. Some of these morbidities include wound care, carpal tunnel syndrome, rheumatoid arthritis, sun damage, and general pain and inflammation. Further, there is preliminary evidence red-light therapy may help with depression, seasonal affective disorder, and postpartum depression. Given the functional approach RFH has decided to employ, red-light therapy is another service that can be used to give holistic treatment while promoting overall health and wellness.

⁸ Rymaszewska, J., Ramsey, D., & Chładzińska-Kiejna, S. (2008). Whole-body cryotherapy as adjunct treatment of depressive and anxiety disorders. *Archivum Immunologiae et Therapiae Experimentalis*, 56(1), 63–68. <https://doi.org/10.1007/s00005-008-0006-5>

⁹ Bleakley, C. M., Bieuzen, F., Davison, G. W., & Costello, J. T. (2014). Whole-body cryotherapy: empirical evidence and theoretical perspectives. *Open Access Journal of Sports Medicine*, 5, 25–36. <https://doi.org/10.2147/OAJSM.S41655>

¹⁰ Chung, H., Dai, T., Sharma, S. K., Huang, Y.-Y., Carroll, J. D., & Hamblin, M. R. (2012). The nuts and bolts of low-level laser (light) therapy. *Annals of Biomedical Engineering*, 40(2), 516–533. <https://doi.org/10.1007/s10439-011-0454-7>

Appendix F: Biographies

Mike Evock, CW3 US Army Special Forces (ret.) – Founder and President

Chief Warrant Officer Mike Evock is a combat veteran who has been involved with the Special Forces community for over sixteen years. His career in the military began in 1988 when he enlisted into the 82nd Airborne Division of the Army. It would be only four short years after joining the Army and having experienced combat situations, that Mike shifted to the Special Forces as an 18B Weapons Sergeant. His exceptional skills were essential to the success of the division during training and combat missions. From 1994-2009, Mike Evock trained, instructed, commanded and executed various missions as a Green Beret both in the United States and abroad. During this time, Mike achieved his Warrant Officer ranking which put him in command of several small and large unit operations. He has been intimately involved with sensitive combat missions, crisis response teams, counter terrorism missions and more, and continues to instruct and perform important missions in the civilian world today.

Throughout his career as a soldier Mike Evock experienced a slew of highly intensive missions, and faced certain death on more than thirteen different occasions which included a helicopter crash and multiple IED explosions. He has suffered more than 50 "significant" injuries, of which several were life threatening, yet he survived them all. The aftermath of these events and experiences has resulted in his battle with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), physical aches and pains and he lives in a constant state of heightened awareness. Despite all of these ailments, Mike Evock relies on his warrior mentality and skills to forge ahead in his civilian life. As most would be led to believe that living with these challenges would break him down into deep darkness, Mike Evock is here today continuing the fight for all disabled Veterans. This "ghost warrior" has come back from the brink to become a champion for Veterans. He uses racing to recreate the solidarity that kept these men and women tightly knit during their active years in the Armed Forces.

Mike Evock began Racing For Heroes in 2009 as a way to give back and support his fellow Special Forces Veterans. Between 2013 and 2015, he made the decision to transform his racing efforts into a charitable organization. That is when he was able to receive 501c3 exemption letter for the operation of the Racing For Heroes Raceway in Mill Hall, PA. He used this venture as a way to uplift and recognize Veterans in many ways. Uniquely, the entire staff at the track were Veterans who volunteered their time to the cause and to the sport. Mike not only ran and promoted the track, but he was also a participant running the #773 Dirt Late Model as a tribute to all of his fallen Special Forces brothers. Although Racing For Heroes is no longer running this racetrack, Mike has decided to reinvent the cause through another form of racing. His passion for competitive racing continues to inspire him by using the Racing For Heroes organization to support his fellow Veterans. By doing so, it has given these Veterans a place to call home once again. Through motorsports, Mike Evock has found a strength and resilience that he brings to each new day of his life as a survivor and as a true American Hero.

Richard "Ricky" Camp, D.O. – Board Member and Chief Medical Officer

"Doc" Camp is a former U.S. Army Special Forces Sergeant First Class. Doc Camp served in the U.S. Special Forces Seventh Group in South American and Afghanistan. Among his military accomplishments he served as the Non-commissioned Officer in Charge of Special Operations Command South's (SOUTHCOM) mobile surgical team and Non-commissioned Officer in Charge of medical operations for a 120-man forward deployed Special Forces Counter-terrorism Company at Naval Station Roosevelt Roads, Puerto Rico. Dr. Camp graduated from the Pikeville College School of Osteopathic Medicine. Dr. Camp works in Rocky

Mount, NC and specializes in Emergency Medicine. Dr. Camp is affiliated with Nash General Hospital.

Brett Morash, Ph.D. Executive Director

Dr. Morash is the Executive Director of Racing for Heroes (RFH). He is also a retired U.S. Naval Officer having served on at sea and on land around the globe. At RFH, he heads up the non-profit's operations across the spectrum in order to help veterans live their best lives and enhance its range of program offerings. He is also the host of Racing for Heroes Radio on WVOX in the New York City metro region.

Prior to RFH he served at another national nonprofit the Shepherd Higher Education Consortium on Poverty where he served as Executive Director. He was also the Director of Operations and Finance at the New York City based Bob Woodruff Foundation (BWF), a philanthropic organization dedicated to ensuring injured veterans and their families are thriving long after they return home by finding and funding innovative programs in communities where veterans, their families and caregivers live and work. Prior to BWF and after his retirement from the Naval Service Dr. Morash became the Vice President of Veterans Services at Services for the UnderServed, a New York City based non-profit. His team was focused on the needs of veterans living in poverty, with a focus on employment, homelessness, mental and physical health.

Prior to retirement from the Navy he was on the faculty of the U.S. Naval War College, where he taught Operational Planning focused on Humanitarian Assistance and Disaster Response. During this tour, he was sent to lead the Operational Planning Team for the U.S. Navy's medical response to the 2010 Haiti Earthquake. Over his twenty years in uniform he served on five different ships including two cruisers and a destroyer, as well as the Combined Joint Task Force Horn of Africa, where he led the efforts for the U.S. military efforts toward humanitarian assistance in the region as the Theater Security Cooperation Branch Chief. He considers this tour to be the one that was instrumental in leading to his second career in the social services helping veterans and others in need.

Dr. Morash is a 2015 graduate of the Salve Regina University where he earned his Ph.D. in the Humanities, with his dissertation entitled "The Rise and Fall of the Union of Islamic Courts." Additionally, he holds Masters degrees from the U.S. Naval War College, and Framingham State University, and a Bachelor of Science degree from the Massachusetts Maritime Academy. While at the U.S. Naval War College he was selected to serve sequentially as an Associate Fellow on the CNO Strategic Studies Group, and as a Fellow on Halsey Group (Alpha).

Dr. Morash was awarded the Salve Regina University Distinguished Graduate Alumni of 2018. His military decorations and awards include the Defense Meritorious Service Medal, the Meritorious Service Medal, three Naval Commendation Medals, three Navy Achievement Medals, and various unit and service awards.

Marian L. Laruax, BSN RN – Health and Wellness Center Nurse

Marian is registered nursing in the state of Washington State and Oregon. Soon to be registered in the State of Virginia. Marian was introduced to her nursing career while she was working as a short-term and long-term disability analyst for Standard Insurance. Marian graduated from the Univerisdad del Turabo, Puerto Rico, and International University of Nursing, St. Kitts, with a dual degree in Bachelor of Nursing for both the American track and

Caribbean track. During that time, she learned her true passions are to help individual recovery, promote wellness, and provide patients' households with peace of mind.

Over the last four years, she turned away from traditional corporate medicine for a more holistic and functional approach to healthcare, which includes infusion & injection therapies, hot and cold modalities, and 'biohacking' wellness alternatives. Prior to transitioning to a functional clinic, Marian held various positions at several different surgery centers. Some of these experiences include working in the Emergency Department at San Juan's VA Medical Center and the General Hospital of Menonita de Cayey and served in the Acute Care Unit of the Joseph N France General Hospital in St. Kitts.

Joshua "Josh" Babb, MPH – Health and Wellness Program Director

Josh was recently hired by Racing For Heroes to help launch the new Health and Wellness Program. Josh is a two-time graduate of the University of North Carolina at Chapel Hill where he graduated with distinction in both his Bachelor's Degree in Mathematics and Master of Public Health. Among his academic achievements are awards in mathematics, general chemistry, organic chemistry, and technical writing. Josh enjoys systems thinking and is excited to use the skills and knowledge gained throughout his academic life to have a positive impact on population health. Further, he has been married to his wife Stephanie for 16 years and they have two loving children.