



DAY ON

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out of,” said Henderson.
R3SM was created after Hurricane Katrina as a long-term recovery agency. It is still working to restore the livelihood and homes of victims of Hurricane Katrina in the

Hattiesburg area and surrounding Pine Belt communities by relying on volunteer support.
“We are here working on a Habitat for Humanity project with R3SM which consists of helping to repair this facility so that volunteers who come to the Hattiesburg area will have a place to stay,” said Col. Timothy Damico, deputy commander of mobilization Camp Shelby Joint Forces Training Center. “We have a lot of volunteer work today, and we’re helping to prepare sheet-rock; get it ready for painting so that they’ll be ready to occupy here in a few months, which is the goal.”
The national recurring theme is

“Remember! Celebrate! Act! A Day On...Not A Day Off,” and for Camp Shelby to partner up with local area development agencies is a sure sign that they take pride in their relationship with the community.
“Camp Shelby always enjoys the opportunity to partner up with other area development agencies and pro-

vide services that need to be done,” said Damico. “Volunteer work is very important.”
In a two-day period, approximately 362 hours were logged in as volunteer community service labor for Soldiers and civilians from Camp Shelby.



Billy Cochran
P.T., C.S.C.S.



IMPROVE BONE DENSITY WITH NEW WBV TREATMENT

It is well established that weight bearing exercise programs, including walking, help to increase bone density. Unfortunately, many patients are unable or unwilling to participate in these intense regimens. Whole Body Vibration (WBV) Platforms have been designed to exercise you while you simply stand on it. Recent studies reveal that standing for brief periods (10-30 minutes) on a WBV Platform increases bone density.

CARE Physical Therapy offers WBV treatment in an outpatient setting. Treatment is covered by Medicare, health insurance, or workers compensation. Of course, this treatment is not intended to replace medications prescribed by your physician, but it may be a great adjunct.

For more information, please contact CARE Physical Therapy at 296-0199. Extended morning and evening hours are available for your convenience.

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