

NEWS RELEASE:

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On-Call Media Beeper: (828-444-1149)

Mountain 1st Commits \$15,000 to Cardio-Pulmonary Rehab and Diabetes Project

(Hendersonville, NC) Mountain 1st Bank and Trust has made a \$15,000 pledge to the Pardee Hospital Foundation towards Pardee Hospital's new Cardio-Pulmonary Rehabilitation and Diabetes Education Center.

"We are delighted to be a part of this project which will directly impact the quality of life for all those patients dealing with cardiovascular disease and diabetes right here at home," said Greg Gibson, Chief Executive Officer of Mountain 1st. "This is a very important and worthy project for our community."

The Center, which will open in the fall, will be located adjacent to Pardee's Urgent Care and Rehab and Sports Therapy facility off of Thompson Street in the same shopping center as the new Epic Theaters. The Center will house medically-supervised exercise programs for cardiac and pulmonary patients as well as the classroom facilities for lifestyle and nutrition education for diabetic clients.

Pardee Hospital Foundation is committed to raising up to \$511,000 toward the construction and equipping of the facility through the financial gifts of individuals, grants and from businesses such as Mountain 1st Bank and Trust. For more information, call the Pardee Foundation at 696-4666.

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in Henderson

County. The hospital has several locations separate from the main campus, including a 130-bed nursing facility, an adult day services center, a health education center in the Blue Ridge Mall, home care services, a sports therapy and rehabilitation facility on Thompson Street, a midwifery program, various family and internal medicine practices, and an urgent care facility. Pardee is a recipient of the 2006 HealthGrades Distinguished Hospital Award for Clinical Excellence, placing the hospital among the top 5 percent of hospitals in the U.S. for quality of care. More information is available at www.pardeehospital.org.

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