



**POSTDOCTORAL FELLOWSHIP IN BEHAVIORAL MEDICINE
AND CLINICAL HEALTH PSYCHOLOGY**

Division of Neuromodulation and Behavioral Medicine
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina

Training year 2027-2028

Our Team Vision:

"Through research, education, and direct patient care, we help people with chronic medical conditions and their providers manage the complex psychosocial aspects of illness, to alleviate suffering, promote health, improve quality of life, and optimize medical care."

If you have additional questions, please contact:
Dr. Stacey Maurer, PhD, maurers@musc.edu

Office 843-792-0686
Fax 843-792-4137

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OVERVIEW: MUSC, THE DIVISION OF NEUROMODULATION AND BEHAVIORAL MEDICINE, AND THE BEHAVIORAL MEDICINE CLINIC

MUSC

The **Medical University of South Carolina (MUSC) College of Medicine (COM)** was established in 1824 and initially specialized in training physicians. It is the oldest medical school in the southern United States, running continuously since it opened. Now, MUSC is a state university associated with the MUSC Health medical center with six colleges training a diverse range of health professionals and scientists: College of Dental Medicine, College of Graduate Studies, College of Health Professions, College of Medicine, College of Nursing, and College of Pharmacy. Interprofessional care is a key focus of training at MUSC, and the six colleges are integrated with collaborative opportunities linked via the Office of Interprofessional Initiatives and other interprofessional endeavors. Per the Waring Library Historical library, the motto of MUSC is *Augeat Largiendo*, which means, "***She (the university) enriches by giving generously.***" Here is more information on MUSC COM's history:

- <https://musc.libguides.com/waring/muschistory/quickfacts>
- <https://medicine.musc.edu/about/history/history-1824-to-2010>



MUSC Health University Medical Center in Charleston has been named by U.S. News & World Report for many years in a row as the Number 1 hospital in South Carolina, with multiple MUSC Health's specialty areas ranking among the best in the entire country. Here is a great video introduction to our academic medical center and facilities:

- <https://player.vimeo.com/video/473026479>

Our division, the Division of Neuromodulation and Behavioral Medicine (DNBM) partners with many of the award-winning specialty care services at MUSC.

For instance, MUSC Health has served as the only solid organ transplant center in South Carolina for over 25 years now and has offered complete care across the transplant trajectory for adult and pediatric transplant candidates and recipients. MUSC Health has also received a Blue Distinction® Center+ designation in Adult Heart Transplant and the designation of Blue Distinction® Center for Transplant in Adult Kidney Cadaveric, Adult Kidney Living, Pediatric Heart, Pediatric Kidney and Pediatric Liver. <https://muschealth.org/medical-services/transplant>

Further, the Center for International Blood and Marrow Transplant Research (CIBMTR), via Hollings Cancer Center at MUSC, has reported that the [Blood and Marrow Transplant Program](#) is among the top 10% of transplant centers that have exceeded predicted survival rates and one of only six that have achieved such excellence as a combined adult and pediatric program.

More Awards and Recognitions for MUSC Health can be found here:

- <https://muschealth.org/patients-visitors/about-us/honors>
- <https://www.musc.edu/content-hub/News/2026/08/04/usnwr-2026>

THE DIVISION OF NEUROMODULATION AND BEHAVIORAL MEDICINE (DNBM): CONNECTING MIND AND BODY

The Division of Neuromodulation and Behavioral Medicine (DNBM) is a division within the Department of Psychiatry and Behavioral Sciences in the College of Medicine at the Medical University of South Carolina (MUSC), co-directed by Dr. Jeffrey Borckardt and Dr. Edward Baron Short. Through clinical care, education, and research, our mission is to provide innovative, evidence-based, and affirming behavioral health services at the intersection of psychiatry and medicine.

The division is home to the Behavioral Medicine Clinic (BMED), a tertiary care behavioral health service that supports individuals with chronic and complex medical conditions. We specialize in coping and adjustment to illness, health behavior change, treatment adherence, and management of co-occurring mental health concerns. Services are provided by an interdisciplinary team that includes clinical health psychologists, psychiatrists, pharmacists, social workers, and trainees from psychology, psychiatry, pharmacy, nursing, and medicine.

BMED primarily functions as an outpatient service, both within the clinic and through integrated care models embedded in specialty medical clinics across MUSC. We also provide consultation services to inpatient teams when appropriate, particularly in the areas of transplantation, cystic fibrosis, and oncology. Working closely with MUSC specialty care teams, we help address the psychosocial and behavioral aspects of medical illness to reduce suffering, improve quality of life, and optimize health outcomes.

Faculty within the Behavioral Medicine Clinic represent a multi-disciplinary team including the following professions:

- clinical health psychologists
- physicians dual-boarded in internal medicine and psychiatry and with expertise in pain management, psychosomatic medicine, and addictions
- pharmacists
- social workers

We also welcome trainees to train in our clinic, from a number of different specialties:

- post-doctoral fellows in behavioral medicine
- doctoral-level clinical psychology interns
- psychiatry residents
- PharmD residents
- Medical students



Outside view of the Behavioral Medicine Clinic

We predominantly function in an outpatient capacity, both within our own clinic and through integrated clinics across medical specialties; however, as availability allows, we often consult with inpatient services related to transplant, cystic fibrosis, and cancer.

For information about our division/academic programs:

<https://medicine.musc.edu/departments/psychiatry-behavioral-sciences/divisions/bio-behavioral-medicine>

THE BEHAVIORAL MEDICINE CLINIC (“BMED”)

The Behavioral Medicine Clinic, within the Division of Neuromodulation and Behavioral Medicine, offers a broad range of behavioral medicine (“BMED”) clinical services to patients with medical conditions, with an emphasis on coping and adjustment to chronic & complex health conditions, health behavior change, adherence behaviors and management of co-morbid psychiatric conditions. We are a tertiary behavioral medicine clinic with psychologists, psychiatrists, other prescribing providers, and trainees from psychology, psychiatry, pharmacy, and nursing coordinating mental health/behavioral health care for patients receiving medical care from MUSC’s specialty care teams.

We serve patient groups including Transplant Surgery, Psychosocial Oncology at Hollings Cancer Center, cardiovascular diseases, pulmonary diseases, chronic pain, and occasionally neurology and other tertiary care clinics. These are described further below.

We conduct comprehensive biopsychosocial intakes and pre-surgical evaluations for our patients, offering our conceptualizations and recommendations to patients and their medical care teams. We offer individual and group therapy to treat mental health conditions/illnesses and facilitate improvement of mood and well-being secondary to physical illness. Treatment aims to also foster improvements in health behaviors and reduction of physical symptoms patients may experience while improving their quality of life. Faculty theoretical orientations are primarily under the cognitive and behavioral umbrella, including traditional cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT) interventions, as well as basic humanistic, interpersonal and positive psychology. Our trainees are exposed to a range of interventions including motivational interviewing, behavioral activation, CBT/ACT for different chronic medical conditions, and more general approaches to include affirming patient-centered humanistic care. We ground ourselves in ongoing learning and striving for cultural and structural humility and how this impacts our patients with chronic conditions. Therapy sessions typically last 55-60 minutes and patients are seen anywhere from weekly to monthly depending on individual needs. Some patients benefit from working with our psychiatry team for concurrent medication management. We work with patients both in-person and via telemedicine at the current time.

We primarily serve adults, though we are growing our programs to include more pediatric and adolescent patients for select services (e.g., transplant, cystic fibrosis, cardiac, sickle cell disease). Younger patients with chronic medical conditions often benefit from additional support around key developmental timeframes, including adolescence, transition to adult care, and young adulthood. Lifespan behavioral medicine thus includes focus on caring for patients’ emotional wellbeing along the life course as they manage their medical condition(s).

Tertiary/specialty care clinics and most commonly seen medical conditions by our clinic are listed below:

Transplant Surgery

(Divisions: Cardiology, Hepatology, Nephrology, Pulmonary and Critical Care)

- Observe pre-surgical solid organ transplant psychosocial evaluations for heart, liver, lung, and kidney candidates (adult and pediatric).
- Provide evidence-based individual and group therapeutic services for patients both pre- and post-transplant including psychotherapies and pharmacotherapies
 - Group therapy options include:
 - Transplant Therapy Group (adult)
 - Open to any transplant candidate or recipient across solid organ groups
 - Treatment focuses on adjustment to chronic health conditions, health behavior change and management of co-morbid psychiatric conditions
- Behavioral medicine psychologists provide representation on all 4 weekly solid organ transplant selection committees, living donor selection committee as needed, along with select attendance at various other transplant meetings including operations, liver watchlist, root cause analysis, and quality control meetings
- Participate in support groups across organ types

Chronic Pain

- Populations seen: Chronic Pain: Chronic idiopathic pain, nociceptive pain, neuropathic pain, fibromyalgia, CRPS/RSD, headache, chronic pancreatitis, etc.
- Provide pre-surgical evaluations for pain-related procedures including spinal cord stimulator implantation
- Provide pain psychology consultation services for providers in Interventional Pain Management
- Provide behavioral and psychological approaches to pain management (group and individual treatment) and management of challenging physical symptoms

Psychosocial Oncology (Hollings Cancer Center – HCC)

- Populations: Patient with newly diagnosed cancer throughout active treatment and survivorship, and occasionally cancer patient caregivers
- Provide in-person and telemedicine psychotherapeutic services at Hollings Cancer Center at MUSC
 - Provide evidence-based therapeutic services for patients diagnosed with cancer and their families. Referrals come from all disease sites.
- Conduct pre-procedure evaluations for patients being considered for bone marrow or stem cell transplant (BMT), CAR-T cell therapy, and provide support on an ongoing basis as needed
- Monthly support group for breast cancer patients
- Occasional requests for presentation at support groups for other disease sites (e.g., brain tumors, head and neck cancer, and blood cancers)
- Possibilities for providing mental health care for inpatient BMT service

Pulmonary Behavioral Medicine

- Populations: Cystic Fibrosis, Non-tuberculous Mycobacteria Infections, Bronchiectasis, Sarcoidosis, COPD, Idiopathic Pulmonary Fibrosis, other chronic lung conditions, including referrals from specialty pulmonary clinics and Cardiovascular and Pulmonary Rehabilitation
- Integrated behavioral medicine services within the MUSC Cystic Fibrosis (CF) Center for adult and pediatric patients
- Integrated behavioral medicine services within the MUSC Nontuberculous Mycobacteria (NTM) Program
- Integrated behavioral medicine services within MUSC Bronchiectasis (BE) Program
- Outpatient therapeutic services including psychological intervention and pharmacotherapies for patients with a wide range of pulmonary and advanced lung diseases
- Non-tuberculous Mycobacteria and Bronchiectasis (NTM/BE) support group

Cardiology and Cardiac Rehab

- Populations: MI/CAD, CABG, arrhythmias, adult congenital heart disease, devices (e.g., ICD, pacemaker), mechanical cardiac support; including referrals from specialty clinics and Cardiovascular Rehabilitation
- Outpatient therapeutic services including psychotherapies and pharmacotherapies for patients with a wide range of cardiovascular conditions

Sickle Cell Disease (SCD) Program

- Integrated behavioral medicine services within the SCD clinics focused on improving coping with mood/anxiety concerns, non-pharmacological pain management, and opioid risk mitigation
- Includes both pediatric and adult clinics
- Annual psychosocial screenings for all patients
- In-clinic consults, Psychotherapy services- individual and group therapy, and Inpatient consults

Gastroenterological Disorders

- Populations seen:
 - Inflammatory bowel disease (Crohn's disease, Ulcerative Colitis), Irritable bowel syndrome and other functional GI disorders, Gastroparesis, Chronic abdominal pain, and other GI/digestive diseases and disorders
- Provide behavioral/psychological approaches to coping with digestive diseases and management of challenging physical symptoms and psychiatry services
- Group therapy for individuals with GI disorders

Pediatric and AYA Psychology

- Populations: solid organ transplant, congenital heart conditions, cystic fibrosis, sickle cell, orthopedics, and other assorted consultations

- Provide preventative emotional wellness consultation through the pediatric Heart Health Program in an integrated clinic – Wellness Works
- Pre-surgical evaluations and consultation with patients and their families/caregivers age 0-18 through the Pediatric Orthopedic Behavioral Medicine service. Ongoing therapy related to management of chronic pain, lifestyle changes due to surgery recovery, adapting to appliances, for a variety of orthopedic conditions

Services for Patients with Other Chronic/Complex Health Conditions and Functional Medical Concerns

- We have commitments with certain services which receive priority in scheduling, but we also receive referrals from the entire medical center for patients who are having challenges in adjusting to their medical conditions

For information about our patient care programs:

<https://muschealth.org/medical-services/psychiatry/services/behavioral>

For more information on Departments and Centers within the MUSC College of Medicine:

<https://medicine.musc.edu/departments>

OVERVIEW: POSTDOCTORAL FELLOWSHIP IN BEHAVIORAL MEDICINE / CLINICAL HEALTH PSYCHOLOGY

FELLOWSHIP ADVERTISEMENT AND APPLICATION PROCESS

Please see our up-to-date postdoctoral fellowship advertisement on our website for information on our fellowship program and application process:

<https://medicine.musc.edu/departments/psychiatry/divisions-and-programs/divisions/biobehavioral-medicine/education-and-training>

DIDACTICS, SUPERVISION, AND MENTORING

Fellows will attend Grand Rounds offered through the Department of Psychiatry at MUSC and a Behavioral Medicine Seminar Series. Each fellow will have at minimum 1-2 hours of one-on-one, face-to-face/telemedicine supervision with a licensed attending psychologist each week. There will also be scheduled mentoring meetings with designated faculty throughout the training year on key topics pertinent to professional development (e.g., working in academic medical centers, salary negotiation). Both informal and formal feedback loops about the program and supervision will also be integrated into the training.

OTHER TRAINING EXPERIENCES

There are multiple other training experiences available, which will be reviewed during orientation.

Some of these structured learning experiences include: Quarterly professional development/mentoring meetings with Training Directors, experiences through the Center for ARROWS (Advancement, Recruitment, and Retention of Women Scientists), Diversity, Equity, and Inclusion trainings/activities, and the Fellowship in Clinical and Translational Research Ethics Program.

RESEARCH

Each of our faculty is involved in different types of research projects. Fellows may express interest in conducting research and work with fellowship directors and relevant faculty on research able during non-clinical time. Teaching opportunities are also available for those with specific training goals in this domain. These opportunities may be discussed further in interviews.

POLICIES AND RESOURCES FOR FELLOWS

SALARY AND BENEFITS

The salary each year for the postdoctoral fellowship year is consistent with NIH stipend plus benefits, including leave which is discussed below.

MUSC Postdoctoral Fellows are eligible for health, dental, vision, life insurance, short- and long-term disability and retirement. Here is some additional information on postdoctoral fellowship benefits:

- <https://www.musc.edu/human-resources/university-hr/benefits/postdoctoral-fellow>

In addition, all MUSC employees and family members have access to the following health resources:

- FREE Virtual care with musc.edu email: <https://campaigns.muschealth.org/virtual-care/index.html>
- On campus Rapid Access Clinic for urgent needs: <https://muschealth.org/medical-services/primary-care/internal-medicine/rapid-access-clinic>

MUSC benefits website: <https://web.musc.edu/human-resources/university-hr/benefits>

In addition, we are glad to offer \$1500 professional development funds (reimbursable) in support of SC Psychology Board application fees and/or EPPP fees for fellows for the 2027-2028 training year.

A number of other benefits are available to fellows, including an excellent library system, computer services, discounts on MUSC perks (<https://musc.benefithub.com/Welcome>), and reduced cost membership to the state-of-the-art MUSC Wellness Center.

LEAVE AND HOLIDAYS

Formal benefits include 15 days (120 hours) of annual leave and 15 days (120 hours) of sick leave (3 weeks each). Professional leave is discussed on a case-by-case basis with the faculty/supervisors. Internal division policy is that fellows may not take off more than 5 consecutive days for any reason at the end of their contract.

In addition, fellows will have the 13 South Carolina State legal holidays followed by the University (which includes 1 floating holiday on a date selected by the fellow – Employee Personal Holiday). The SC State Holidays are: *Employee Personal Holiday, New Year's Day, Martin Luther King, Jr. Day, George Washington's Birthday/President's Day, National Memorial Day, Independence Day, Labor Day, Veterans Day, Thanksgiving Day, Day After Thanksgiving, Christmas Eve, Christmas Day, Day After Christmas*. Fellows will follow the University holiday schedule. However, our clinic operates under the MUSC-Physician's clinic schedule. As a result, sometimes your clinics are not closed by the hospital automatically and your supervisors will need to complete clinic cancellation forms.

OTHER RESOURCES

Housing

Here is some information on local housing. Many choose to live in the following areas – Mount Pleasant, Downtown/the Peninsula, West Ashley, James Island, and North Charleston.

- The MUSC housing website has listings of local housing and roommate sharing options. There are options that appear here that may not appear in other conventional searches.
 - You can register and set up a log in even before being here on campus. In order to view the information under the “Housing” section, you will be required to register. Click on “Sign Up” located in the upper right corner of the page, and then “Sign up” under “Accepted MUSC Students, Faculty, & Staff.”
 - <https://www.mymuschousing.com/login>
 - <https://education.musc.edu/students/spsd/housing?msclid=5cd89c1cd13a11ec999b57748d3edace>
- Guide to Charleston’s Neighborhoods:
 - <https://www.afar.com/magazine/charleston-neighborhood-guide>

Parking and Transportation to Campus

Location is really an important factor to consider in Charleston. We do have traffic and it does make for a commute depending on where you live. Traffic is dense ~7-9am and ~4-6pm.

Options for free transportation to campus are the Park and Ride system and CARTA bus system. Free ‘[Park and Ride](#)’ options from various parts of town will deliver you to campus. MUSC employees and students can ride any CARTA bus, including the CARTA EXPRESS, free with their MUSC ID badge (www.ridecarta.com).

There are different parking options on campus, though you cannot sign up for this until you are on-boarded. Options range in price from free (Hagood Commuter Park-and-Ride system) to the campus lots which are often pre-tax paycheck deductions.

As a resident or a post-doctoral fellow, you may (depending on availability) receive an immediate assignment to the MUSC Bee Street garage (A-Lot). This 1,500-space facility is located at 122 Bee Street and is just a few minutes’ walk to the main hospital and Ashley River Tower hospital. Your MUSC ID badge will function as your access card. You can also ask the parking office about lower cost options as well (Hagood). You can also park by the day (\$5/day) in the President Street lot which is another option to consider.

<https://musc.aimsparking.com/>

<https://horseshoe.musc.edu/everyone/parking-services/employees/resident-parking>

<https://horseshoe.musc.edu/everyone/parking-services/employees>

Additionally, free first-come, first-serve moped and motorcycle parking is located just across the Greenway from the BMED clinic, next to Public Safety.

There is a bike share electric bikes on campus and now throughout the City of Charleston:

<https://www.li.me/locations/charleston>

*MUSC employees receive 70% off all rides.

Other Resources and Perks

Other MUSC Perks:

<https://musc.benefithub.com/Welcome>

MUSC Green Spaces:

- Our offices are located right off of the **Charleston Medical District Greenway**, with food trucks, outdoor seating, and green space. It's a great place to grab lunch, coffee, or have an afternoon meeting: <https://www.charlestonmedicaldistrict.com/>
- **Arboretum and Campus Gardens:** <https://web.musc.edu/resources/health-and-wellness/arboretum>

Research resources:

The library at MUSC has numerous resources to help you plan and execute your research project.

<https://musc.libguides.com/bioresearchers#loaded>

There is also an ever-developing list of resources in the BMED Teams Channel.

CHARLESTON, SOUTH CAROLINA

According to the SC Encyclopedia (<https://www.scencyclopedia.org/sce/entries/state-mottoes/>), South Carolina has two official mottoes that appeared on the original great SC seal in 1777: 'animis opibusque parati' ("Prepared in Mind and Resources") was on the front along with a picture of a palmetto tree; and 'dum spiro spero' ("While I Breathe, I Hope") appeared on the reverse with the Roman goddess Spes (Hope). The Lowcountry of SC refers to the coastal plain region stretching approximately eighty miles inland between the Savannah River to the south and the Santee River to the North, and is the area where Charleston is located. Charleston has been named the top US city by Travel and Leisure magazine for years, and is truly a livable and lively city today - known for food, culture, and historic preservation.

Charleston's history is rich and troubled and continues to evolve. There continues to be a need for growth in improving racial equity in the Lowcountry and the southern United States. We think this is important to acknowledge and integrate an appreciation of the culture and customs of South Carolina and Charleston into both into work with patients and in our personal lives living in the Charleston community. The Lowcountry once belonged to a number of culturally distinct groups of Native Americans, and now we live, love, and work on their traditional lands (Ashepoo, Bohicket, Combahee, Edisto, Etiwan, Kiawah, Kussah, Kussoe, St. Helena, Sampa, Sewee, Stono, Wando, Wimbee, and Witcheaugh; <https://www.ccpl.org/charleston-time-machine/first-people-south-carolina-lowcountry>). We see the echoes of their names reflected around the Lowcountry and acknowledge their presence and history. Additionally, Charleston falls in the Gullah Geechee Cultural Heritage Corridor, a National Heritage Area recognized for the unique culture of the Gullah Geechee People. For more information: <https://gullahgeecheecorridor.org/>.

In the present day, there are many museums to learn of this history here, as well as cultural events occurring in Charleston throughout the year ranging from concerts, to festivals, to celebration of arts. Here are just a few:

- The Avery Research Center for African American History and Culture: <http://avery.cofc.edu/>
- Charleston Museum: <https://www.charlestonmuseum.org/>
 - Including the Lowcountry History Hall, a permanent exhibit which includes materials from “Native Americans who first inhabited the South Carolina Lowcountry as well as the colonists and enslaved African Americans who transformed the region”
- Charleston Music Hall: <https://www.charlestonmusichall.com/>
- Charleston Pride: <https://www.charlestonpride.org/>
- Charleston Wine and Food: <https://charlestonwineandfood.com/>
- Gibbes Museum of Art: <https://www.gibbesmuseum.org/>
- High Water Fest: <https://www.highwaterfest.com/>
- International African American Museum: <https://iaamuseum.org/>
- Spoleto USA: <https://spoletousa.org/>
- USS Yorktown: <https://www.patriotspoint.org/explore/uss-yorktown/>

Folly Beach, Sullivan's Island, Isle of Palms, Seabrook, Kiawah... The beaches need little introduction and are the jewels of our city - whether visiting for a swim, a walk after work, or a weekend 'stay-cation', they are only a short trip from nearly everywhere in the Charleston area. There are so many other beautiful places to be outdoors from parks (e.g., Hampton Park) to greenways (e.g., West Ashley greenway), beautiful county parks (<https://www.ccprc.com>), to amazing views (e.g., from the Ravenel Bridge). There are numerous water-related activities available – swimming, fishing, boating, surfing, paddle boarding, etc.

You can sign up for the CHS Today newsletter, which sends you daily updates on happenings around the Charleston Area. Holy City Sinner also has a great listing of current local events (<https://holycitysinner.com/>). You could also check out the list of regular attractions at the tourism board: <https://www.charlestoncvb.com/things-to-see-do/>.

Local favorites for food and beverages change frequently as the city changes and grows, but some longstanding suggestions include in no particular order: Edmund's Original + EO Brewery, Swig and Swine, Lewis Barbecue, Kwei Fei, Xiao Bao Biscuit, Leon's Oyster Shop, Wild Olive, Daps Breakfast & Imbibe, Berkley's Café, Second State Coffee, Malika Canteen, Pink Bellies, Porchetta Shop, Fig, The Glass Onion, Jackrabbit Filly, The Obstinate Daughter, Stella's and so many more!



Source: <https://www.britannica.com/topic/flag-of-South-Carolina>

Other Charleston History links:

- <https://uncg-libguides.com/c.php?g=997021&p=7241019>
- <https://native-land.ca/>
- <https://www.ccpl.org/charleston-time-machine/first-people-south-carolina-lowcountry>
- <https://schistory.org/april-1670/>
- <https://cma.sc.gov/minority-population-divisions/native-american-affairs-division#:~:text=About%20the%20Native%20American%20Affairs,regarding%20the%20State's%20minority%20population.&text=state%20recognition%20of%20Native%20American%20entities.>
- <https://gullahgeecheecorridor.org/>
- <http://avery.cofc.edu/wp-content/uploads/2017/01/The-State-of-Racial-Disparities-in-Charleston-County-SC-Rev.-11-14.pdf>

