

SCHEDULED EVENTS

FREE! Diet and Exercise Strategies to Prevent Diabetes

11:30 a.m. • Tuesday, Sept. 25

Are you at risk for developing type 2 diabetes? Join Holly Layman, DO, from NorthCross Family Physicians, for an empowering discussion on diet and exercise strategies to prevent this disease.

FREE! Alternatives for Overactive Bladder and Incontinence

12:30 p.m. • Wednesday, Sept. 26

Interested in learning more about the latest information on overactive bladder and incontinence? If so, please join Board-certified urologist Roberto Ferraro, MD, from Urology Specialists of the Carolinas for an informative discussion. The discussion will include common kidney and bladder health issues as well as the latest treatment options.

FREE! Healthy@Home

Noon • Thursday, Sept. 27 (Lunch will be served)

Join us for an informational session from CMC's Healthy@Home. This comprehensive service offers patients and their family's access to skilled nurses, homecare professionals, prescription medication, home equipment and extended services and monitoring, if necessary. The discussion will focus on chronic disease management and the future use of telemonitors. Healthy@Home also provides patients with coordinated services, combining doctor recommendations, patient needs and family wishes into a unified care plan.

FREE! Self Defense for Women

10 a.m.-2 p.m. • Saturday, Sept. 29

Personal safety is about learning to decrease your risks and increase your options if assaulted. Join Martial Arts trained instructors to learn basic self defense techniques all women can use. Hopefully, you'll never need to use them, but if you do, these effective, valuable self defense techniques could save your life.



We're Going Paperless!

In an effort to go paperless, we are discontinuing the LiveWell Carolinas! mailer beginning in September.

Please register for our new monthly e-calendar of events at www.carolinashealthcare.org/cmc-university-livewell or call 704-494-2237.



LiveWELL Carolinas!

We're Going Paperless!! See inside...



 Carolinas Medical Center University
8800 N. Tryon St. • Charlotte, NC 28262

carolinashealthcare.org/cmc-university-livewell



September 2012

SCHEDULE OF

Events

Schedule


Carolinan Medical Center University



Call 704-494-2237 to register for upcoming programs or for more information. All programs are held at LiveWELL Carolinas!, located at Northlake Mall on the Lower Level, near Entry 3. To receive this calendar by email, please sign up at carolinashhealthcare.org/cmc-university-livewell

SUPPORT GROUPS

Mother's Support Group: The Baby Blues

6 p.m. • Monday, Sept. 10 (First Monday of Each Month)

Having a baby can be stressful, no matter how long you've looked forward to it or how much you love your child. Sometimes called the baby blues, depression after delivery is perfectly normal. But if your symptoms worsen or don't go away after a few weeks, you may have postpartum depression. Because postpartum depression can interfere with your ability to care for you child, it's important to get treatment and support. Join a therapist who specializes in postpartum depression for a discussion on risk factors, signs and symptoms.

Lupus Support Group: You Are Not Alone

6:30 p.m. • Second Thursday of Each Month

Even those dealing with this chronic condition on a daily basis have questions. What is lupus? Why me? How can I help others understand what I am going through? Whether you are living with lupus or know someone who is, this group is for you. Come to learn, share...or just listen. Friends and family are always welcome. After all, it is support from those we care about that means the most. Group is led by a trained professional. Visit www.lupuslinks.org for more information.

La Leche League of North Carolina

Breastfeeding Support Group (North Charlotte)

Third Wednesday of Each Month

Learn more about breastfeeding and meet other breastfeeding mothers. Meetings are informal and open to pregnant women, mothers, babies and children.

RECURRING EVENTS

Subtle Yoga™

6:30 p.m. • Wednesdays ; 10 a.m. • Thursdays
(\$10 drop-in)

Subtle Yoga™ is for EVERYONE! It is balancing, therapeutic and feels so good! Enjoy a body that is more toned and strong, a mind that is clear and relaxed and emotions that are balanced and uplifted. Classes are ALL LEVELS; no experience required.

Tai Chi for the Mind, Body and Soul

10 a.m. • Every Tuesday
(\$10 per class or \$56 for seven classes)

Tai Chi for health uses agile stepping and gentle, flowing movements to provide fitness and moving meditation. Sun Style is one of the four most practiced Tai Chi forms and is recognized by the Arthritis Foundation to improve balance and coordination, breathing capacity and reduce stress both physically and mentally.

SCHEDULED EVENTS

FREE! Mall Walkers Breakfast Club

8 a.m. • Wednesday September 5

Please join Board-certified urologist Roberto Ferraro, MD, from Urology Specialists of the Carolinas for an informative discussion during our monthly mall walkers session. The discussion will include common kidney and bladder health issues as well as the latest treatment options.

Baby's First Massage

10 a.m. • Wednesday Aug. 29, Sept. 5, 12 and 19
Next session Sept. 26, Oct. 3, 10 and 17
(\$20 includes 4 sessions)

Infant massage is an expression of love for your baby through your nurturing touch. Massage helps your baby relax, sleep better and grow emotionally and physically. Join us when your baby is between newborn and four months to learn the art of infant massage. Other family members are welcome too!

SCHEDULED EVENTS

Meatless Comfort Food

Noon • Saturday, Sept. 8 (\$5 per individual)

Have you ever wondered what it would be like to go meatless for a day, week or lifetime? Join Chef Denise for a cooking demo that will focus on transforming popular comfort foods with meat-based ingredients to meatless (and healthy) dishes.

FREE! Tackle Prostate Cancer

5:30 - 7:30 p.m. • Monday, Sept. 10
(Location: CMC-University, 8800 N. Tryon St.)

If you're age 40 or older, you need to be aware of the importance of regular prostate screenings. The American Cancer Society recommends annual screenings for men 50 and older and those at high-risk, such as African Americans, should be screened at ages 40 and 45. Join CMC-University for a FREE prostate screening with appetizers, football highlights and a special appearance by the Carolina Panthers TopCats. To register, call 704-512-3209.

FREE! Keeping Your Newborn Healthy in the First 28 Days

1 p.m. • Wednesday, Sept. 12

The first moment of having a newborn can be a very scary time for a new parent, caregiver or grandparent, so we have designed a class to help calm your anxieties as you get to know and understand your baby. Information will be provided on various signs and symptoms that can affect a baby such as feedings, sleep patterns, fevers, rashes and common illness and how to treat a sick baby. So relax, take a deep breath...we have you covered..

Understanding Foot Detox

10 a.m. • Friday, Sept. 14 (\$15 per person)
Join Simone Watson from All 4 Your Body Wellness Day Spa for a foot detox session. Foot detoxification removes toxins from your body through the sweat glands in your feet. Benefits include increased energy, improved circulation and more. Class is limited to three participants every 30 minutes until 2 p.m. Registration is required.

SCHEDULED EVENTS

Women's Symposium:

Empowering Women to Better Health

8a.m. - 4p.m. • Saturday, Sept. 15
Embassy Suites Concord 5400 John Q. Hammonds Drive NW Concord, NC (General Admission \$35)
Women of all ages are invited to join us for a day devoted to you! Learn how to maintain a healthy lifestyle through all stages of life and participate in a variety of discussions led by physicians dedicated to a healthier you. Featured speaker, *Giuliana Rancic, Anchor of E! News and breast cancer survivor.*

Sunday Brunch for the Soul:

Building / Regaining confidence in yourself

1:00 p.m. • Sunday Sept. 16 (\$5 per individual)
Have you ever asked or wondered why one person is delightful to be with, while another always seems to drag you down? The ways people value themselves, relate or get along with others, perform at work, and even relate in their relationships stem from strength of their self-esteem, self confidence or self image. Join a nurse led discussion and gain a realistic understanding of powers that will help you build your confidence, enjoy your strengths and spice up your weakness in the area of self perception. Brunch by Bravo will be provided. *Registration is required; however seating is first-come basis.*

Cooking Demonstration: Soups and Stews

6 p.m. • Monday, Sept. 17 (\$5 per individual)

Cooler weather is right around the corner. What's your idea of a winter meal? Warm nourishing soups and stews make a bowl full of comfort. Please join our chef for an evening of cooking demonstration and yummy samples.

FREE! Power Foods

Noon • Tuesday, Sept. 18

The best weapon in the fight for your life could be a full plate. Certain foods in nature are more than just tasty, they also offer preventive health benefits. Power foods provide the richest nutrients, the least calories — and the most health benefits — to decrease your risk of developing illness and disease.

