

# FEBRUARY 2014 CALENDAR OF EVENTS

## The Ins and Outs of Urinary Incontinence

2 p.m., Thursday, Feb. 20

If urinary incontinence affects your daily life, join our registered nurse to learn about current treatment recommendations.

## Friends & Family® CPR Course

1 – 3 p.m., Saturday, Feb. 22

\$5 per person. Registration required.

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child automated external defibrillator (AED) use, infant CPR and relief of choking in an adult, child or infant. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, providing students with the most hands-on CPR practice time possible.

## Cooking Demonstration: Healthy Heart Cooking

6:30 p.m., Saturday, Feb. 22

Join our chef and registered dietitian for a demonstration on cooking to keep your heart healthy. Tasty samples will be provided.

## Community Health Talk: Keeping Your Heart Healthy

6:30 p.m., Tuesday, Feb. 25 • fourth Tuesday of each month

Join us to learn more about heart disease, the leading cause of death for both men and women. This month Craig Clinard, MD, of Sanger Heart & Vascular Institute will discuss preventing and managing heart disease, recognizing signs and symptoms and when to call your doctor.

All events are free unless otherwise noted.

## FITNESS

### Zumba®

9:30 a.m., Saturday, Feb. 8 and Feb. 15 • special dates this month; usually every other Saturday. \$5 per class. Walk-ins welcome.

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that is moving millions of people toward joy and health.

### Grab Bag Fitness

4:30 p.m., every Sunday

If you are bored with your fitness routine, join our certified personal trainer for a different exercise class each week. Classes will alternate between cardio-kickboxing, strength training, balance and circuit training. Space is limited and registration is required.

### Subtle Yoga™

6:30 p.m., every Wednesday

10:30 a.m., every Saturday

\$10 drop-in or 10-class pass for \$80

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 for all levels; no experience required.

## COMMUNITY EVENT

### Wine, Cheese and Heart Disease

6:30 p.m., Thursday, Feb. 13

Birkdale Village Residential Leasing Office

16725 Birkdale Commons Parkway

(Behind Walgreens. Call 704-863-9355 for details.)

Join cardiologist Craig Clinard, MD, of Sanger Heart & Vascular Institute for a discussion on heart disease and the foods we eat.

## SAVE THE DATE

### Achieve Your Healthy Weight

3 p.m., Sunday, March 23

You can reduce your risk of health problems such as diabetes, heart disease and cancer by achieving and maintaining a healthy weight. Join our free informational session to learn which of our programs is right for you.

CMC-University  
8800 N. Tryon St.  
Charlotte, NC 28262

LiveWELL Carolinas!  
Northlake Mall  
Lower Level, Suite 103  
6801 Northlake Mall Drive  
Charlotte, NC 28216



Carolinan HealthCare System

[CarolinanHealthCare.org/cmc-university-livewell](http://CarolinanHealthCare.org/cmc-university-livewell)

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## LiveWELL Carolinas! at Northlake Mall February 2014

Carolinan Medical Center-University, a facility of Carolinas HealthCare System, brings you LiveWELL Carolinas!, a community wellness center at Northlake Mall offering a variety of classes, seminars and information to promote health and wellness for every-One.



Carolinan HealthCare System



# FEBRUARY 2014 CALENDAR OF EVENTS

Call 704-863-WELL (9355) to register for upcoming programs. All programs are held at LiveWELL Carolinas!, located at Northlake Mall on the Lower Level near Entry 3, unless otherwise noted.

To receive this calendar by email, register at: [CarolinasHealthCare.org/cmc-university-livewell](http://CarolinasHealthCare.org/cmc-university-livewell).

## WHAT'S NEW

### The Beat Goes On

11 a.m. – 3 p.m., Saturday, Feb. 1  
Northlake Mall Center Court

Join our community heart health fair and learn how to prevent and manage your risk for heart disease. Free health screenings provided including full cholesterol panel and blood sugar testing to determine your risk for Type 2 diabetes (linked to increased risk of heart disease). Registration is required.

### Pre-D Challenge: Reverse the Risk of Prediabetes

10 a.m. – 8:30 p.m., Monday through Saturday and noon – 5:30 p.m., Sunday, entire month of February

Carolinas HealthCare System and the YMCA of Greater Charlotte are partnering to tackle prediabetes. One of every four people in our region has prediabetes, a precursor to Type 2 diabetes that can be managed through changes in diet and exercise. Join our registered nurse to learn more about the Pre-D Challenge, get a free screening and find out if you are at risk. Registration is required.

## LIVEWELL EVENTS

### Heart Success Support Group: Special Event

Noon – 1:30 p.m., Saturday, Feb. 1 • first Saturday of each month

This group offers support and encouragement for patients and families living with congestive heart failure. Discussion topics include medication, stress management, nutrition, weight control, smoking cessation, diabetes, medical devices and more. Join cardiologist Craig Clinard, MD, of Sanger Heart & Vascular Institute during “The Beat Goes On” event to learn more about recognizing signs and symptoms and when to call your doctor.

### Naturally Real: A Monthly Meeting of Natural Living Minds

6:30 p.m., Monday, Feb. 3 • first Monday of each month

Have you considered how little you know about the food you eat and the environment in which you live? The goal of this class is to inform you about what you are putting into your body – and the earth. This month’s topic is Introduction to Organics.

### Medicare: Do You Know

6:30 p.m., Tuesday, Feb. 4

Learn about Medicare parts A, B, C and D, Medigap Plans, Medicare Advantage and prescription drug plans, including the pros and cons of Medicare and how you can limit your liability.

### Mall Walkers Breakfast: Healthy Hearts

8 a.m., Wednesday, Feb. 5 • first Wednesday of each month

Food Court; breakfast served

Join critical care nurse Diamond Stanton, RN, for a discussion on heart health.

### Caregiver Stress: Managing Your Personal Resources Wisely in 2014

2 p.m., Thursday, Feb. 6

Caring for others can be a gift and a pleasure, but it can also take a tremendous toll on your well-being. This interactive discussion will focus on taking a personal inventory of your situation, the challenges you face and your journey ahead as a caregiver.

### Cancer 101: Palliative Care

6:30 p.m., Thursday, Feb. 6 • first Thursday of each month

Join Kristin Schmit, RN, CMC-University palliative care program coordinator for a discussion about palliative care and how it can improve quality of life and healthcare for people living with cancer.

### Seasonal Allergies

11 a.m., Friday, Feb. 7

Do you suffer from seasonal allergies regardless of the time of year? Join our health expert for a discussion about how to relieve common allergy symptoms and when you may need to seek additional medical advice.

### Understanding Osteoporosis

11 a.m., Thursday, Feb. 13

Join our health expert for a discussion about osteoporosis, risk factors, simple treatments and how to reduce your risk.

### Lupus Support Group: You Are Not Alone

6:30 p.m., Thursday, Feb. 13 • second Thursday of each month

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.

### Basics of Self-Defense

1 – 3 p.m., Saturday, Feb. 15 • third Saturday of each month

Learn the basics of personal self-defense with black belt instructor Kathryn Webner. Dress comfortably for hands-on practice.

### Community Women’s Health Talk: Women and Heart Disease

6:30 p.m., Tuesday, Feb. 18 • third Tuesday of each month

Join our monthly health talk addressing women’s issues including menopause, osteoporosis, heart disease in women, preparing for pregnancy and more. In recognition of Heart Health Awareness Month in February, we will learn about heart disease and its impact on women’s health.

### La Leche League of North Carolina Breastfeeding Support Group (North Charlotte)

10 a.m., Wednesday, Feb. 19 • third Wednesday of each month

This informal group is open to pregnant women, mothers, babies and children. Meetings emphasize the joys of breastfeeding while informing and encouraging mothers who wish to nurse their babies.