

JULY 2013 SCHEDULE

OF EVENTS

Heart Felt Health™ Nutrition/Cooking Classes for Kids and Teens

Thursday, July 18, 11 a.m. – 1 p.m.

\$10 per class; fee waived for returning participants

Each participant will be given their own cooking supplies and ingredients, and will learn how to prepare healthy and delicious versions of their favorite foods! Lessons are cumulative and reinforced each month, so class size is limited to 12 participants. Classes are open to ages seven to 14 and pre-registration is required.

Family and Friends CPR Course

Monday, July 22, 10 a.m. – 1 p.m.

\$5 per individual

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 environment using the American Heart Association's practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Medicare: Do You Know?

Tuesday, July 23, 6:30 p.m.

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 what you can do to limit your liabilities.

Diabetes Prevention

Monday, July 29, 6:30 p.m.

Join us to learn how making better choices about nutrition, fitness and stress can possibly prevent and reverse diabetes. We will also discuss the new studies on Type III and Type IV diabetes.

SAVE THE DATE

No July Mall Walkers Breakfast

Our next meeting is August 7

A Matter of Balance

Mondays and Wednesdays, beginning September 9, 10 a.m. – Noon

This award-winning four-week program is designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. Classes help participants set realistic goals for increasing activity, change their environment to reduce fall risk factors and promote exercise to increase strength and balance. Space is limited. Registration is required.

All events are free unless otherwise noted.

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

All events are free unless otherwise noted.

One EVENTS SCHEDULE

LiveWELL Carolinas!

July 2013



Carolinan HealthCare System



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. To receive this calendar by email, register at: CarolinasHealthCare.org/cmc-university-livewell.

SUPPORT GROUPS

Lupus Support Group: You Are Not Alone

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

Whether you are living with lupus or know someone who is, this group is for you. The group is led by a trained professional and is open to family and friends.

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

Third Wednesday of Each Month, 10 a.m.

Meetings are informal and open to pregnant women, mothers, babies and children.

Heart Success Support Group

Third Thursday of Each Month, 2 p.m.

This group is for those living with congestive heart failure and their families. Discussions include medication, stress management, nutrition, weight control, smoking cessation, diabetes, medical devices and more.

RECURRING EVENTS

Subtle Yoga™

Wednesdays, 6:30 p.m.; Saturdays, 10:30 a.m.
\$10 drop-in or 10-class pass for \$80

Subtle Yoga™ is for everyone! 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.

All events are free unless otherwise noted.

Ten Steps to Long-Term Weight Management

Thursdays, 6:30 p.m.; Sundays, 3 p.m.
Our next series begins the week of July 21
\$10 for first-time participants; fee waived for returning participants

Join our certified personal trainer and health and fitness specialist for a 10-week program that includes nutrition topics, goal setting for behavior modification and 40 minutes of group exercise. Each participant will receive a complimentary assessment, resistance band, pedometer and fitness log.

Zumba®

Saturdays, 9:30 a.m.
\$5 per class. Walk-ins welcome

Are you ready to party yourself into shape? That's what the Zumba® program is all about. It's an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Naturally Real: Define "Green," Go Organic

Monday, July 1, 7:30 p.m.

Join us to discuss the connection between food and the environment, how they impact each other. By understanding these elements and their relationship to our health, we can make better lifestyle choices.

Cooking Demonstration: Summer Party Snacks

Monday, July 8, 6 p.m.

Celebrate summer traditions with tasty summer party snacks. Join our chefs and a registered dietitian for an evening of cooking. Samples provided.

All events are free unless otherwise noted.

Basics of Self-Defense

Saturday, July 20, 1 – 5 p.m.

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

Preparing for Pregnancy

Monday, July 15, 6:30 p.m.
(Third Monday of Each Month)

Join us for this discussion with Richard R. Boesel, MD, board certified OB/GYN physician, of Greater Carolinas Women's Center.

Night Out with a Doc

Tuesday, July 16,
6 – 6:30 p.m. Light Fare
6:30 p.m. Presentation

Join our health experts for presentations and discussions. Topics include diabetes, heart, sleep, stroke, healthy pregnancy and more. Space is limited.

SCHEDULED EVENTS

The Brain, Superfoods and Memory Games

Thursday, July 11, 11 a.m.

Want to sharpen your thinking skills and improve your memory? Join our registered nurse to discuss how superfoods and memory games can help. Come ready to play games and ask questions.

Dehydration and Your Health

Monday, July 15, Noon

Drinking enough water is critical to safely enjoying summer activities. Join a registered nurse to discuss the serious effects and prevention of dehydration.

All events are free unless otherwise noted.