

OCTOBER 2013 SCHEDULE OF EVENTS

SCHEDULED EVENTS continued

Calm Your Inner Chaos: Natural Solutions for ADHD

10 a.m., Wednesday, Oct. 9

Join us for an informative workshop for families affected by ADHD. The discussion will include: foods to eat and avoid for minimizing ADHD symptoms, environmental factors that exacerbate symptoms, release of stress and anxiety, and how to strengthen your connection to your family.

Family & Friends® CPR Course

1 p.m., Friday, Oct. 11;

6:30 p.m., Saturday, Oct. 12 and

1 p.m., Wednesday, Oct. 16

\$5 per person

This course teaches 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 American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Arthritis 101

11 a.m., Thursday, Oct. 17

What is arthritis and how does it affect you? Join our registered nurse for a discussion about the different types of arthritis and available treatment options.

Preventing and Managing Diabetes Health Fair

11 a.m. – 3 p.m., Saturday, Oct. 19

Northlake Mall Center Court

Type 2 diabetes is a preventable disease greatly influenced by lifestyle choices. Join our health experts to learn current strategies to prevent and better manage diabetes. Find out if you are at risk by participating in free screenings for blood pressure, blood sugar and cholesterol. Registration required.

Medicare: Do You Know?

6:30 p.m., Tuesday, Oct. 22

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.

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

All events are free unless otherwise noted.

CarolinanHealthCare.org/cmc-university-livewell

One EVENTS SCHEDULE

LiveWELL Carolinas!

October 2013



Carolinan HealthCare System



OCTOBER 2013 SCHEDULE 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.

SUPPORT GROUPS

Cancer 101

6:30 p.m., Thursday, Oct. 3 • first Thursday of each month

If you are living with cancer or know someone who is, join our health experts for monthly presentations and discussions on topics including treatment options, nutrition and exercise, mental health, support for the caregiver, cancer resources and more.

Heart Success Support Group

Noon – 1:30 p.m., Saturday, Oct. 5 • 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 and weight control, smoking cessation, diabetes, medical devices and more. Light refreshments will be provided.

Lupus Support Group: You Are Not Alone

6:30 p.m., Thursday, Oct. 10 • 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.

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

10 a.m., Wednesday, Oct. 16 • 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.

RECURRING EVENTS

Mall Walkers Breakfast: Navigating Healthcare Reform

8 a.m., Wednesday, Oct. 2 • first Wednesday of each month

Food Court; Breakfast served

Join us to learn more about the upcoming changes to insurance, Medicare and Medicaid brought about by the Patient Protection and Affordable Care Act, commonly called healthcare reform.

Zumba®

9:30 a.m., Saturday, Oct. 5 and Oct. 26

\$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.

Naturally Real: A Monthly Meeting of Natural Living Minds

7:30 p.m., Monday, Oct. 7 • 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 "Eco-friendly Celebrations."

Basics of Self-Defense

1 – 5 p.m., Saturday, Oct. 12

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

10 Steps to Weight Management

3 p.m., Sundays, Oct. 13 – Dec. 15

\$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 behavioral change and weekly group exercise. Each participant receives a complimentary assessment, resistance band and pedometer.

Cooking Demonstration: Healthy Grains

6 p.m., Monday, Oct. 14 • second Monday of each month

\$5 per person

Are you confused about good carbohydrates vs. bad carbohydrates? Join our chef and registered dietitian for a cooking demonstration using healthy grains and get all your questions answered. Tasty samples will be provided.

Night Out with a Doc: Breast Cancer Survivorship – Bald to Buff

6 p.m. light fare, 6:30 p.m. presentation

Tuesday, Oct. 15 • third Tuesday of each month

Our health expert for October is 11-year cancer survivor Chasse Bailey-Dorton, MD, of Levine Cancer Institute. Join us to hear her inspiring message of survival and hope. Space is limited and registration is required.

Women's Health Lecture Series: New Long-Term Options for Birth Control

6:30 p.m., Monday, Oct. 21 • third Monday of each month

Join Richard R. Boesel, MD, a board-certified OB/GYN with Greater Carolinas Women's Center, for a monthly presentation. This month, learn about the newest methods of in-office, permanent and long-term birth control. Registration 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.

SCHEDULED EVENTS

Arthritis Answers

Noon, Thursday, Oct. 3

Join our representative from the Arthritis Foundation and learn about current treatment options available to better manage arthritis.

Kids Heart Felt Health

3 p.m., Sunday, Oct. 6, Nov. 3, Dec. 1, Jan. 5,

Jan. 19 and Feb. 2

\$60 per child

This six-session hands-on program teaches children ages 7-13 about nutrition and heart health in a fun, team-oriented way. Kids learn how food affects the body and how to creatively incorporate healthy ingredients into recipes. Registration required.