

SCHEDULED EVENTS

**Sunday Brunch for the Soul:  
Raising a Healthy Family**

1 p.m. • Sunday, June 17 (\$5 per individual)

Raising a healthy family is part of the American dream that may not always come easily. Staying focused and mindful of what matters most may help to build strong relationships with those closest to you. Join our discussion to learn how to manage and maintain a healthy family. Registration is required; seating is first-come basis.

**Blood Pressure 101**

Noon • Monday, June 18

According to the American Heart Association, one in three adults has high blood pressure, also called hypertension. If this is you or someone you love, join our registered nurse for a discussion on managing your blood pressure. Learn the causes, risk factors and symptoms, along with ways to improve your blood pressure numbers.

**Perfect Planning to Make Your Family Secure**

5:30 p.m. • Monday, June 18

Do you need help understanding your changing financial needs as you grow your family? HF Financial Consultants provides a safe place for families to have their questions answered and financial needs met. Life-stage planning helps parents understand how their financial concerns change over time and the importance of a complete plan to incorporate insurance, college planning, investments and estate planning.



SCHEDULED EVENTS

**Super Spices**

6 p.m. • Thursday, June 21

Research has linked health benefits to eating foods rich in spices. Join our registered nurse for a discussion on common spices and their potential health benefits. Tips on food preparation and recipes will be provided.

**Girls Night Out: Preparing for Pregnancy**

6:30 p.m. • Friday, June 22

Considering pregnancy? What an exciting time! Join Shiloh Smajstrla, MD, with Greater Carolinas Women's Center, for a lively discussion on getting your body and life in shape to achieve a healthier pregnancy.

**Baby's First Massage**

10a.m. • Wednesday June 27, and July 11, 18 and 25 (\$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!

**Tips for Nailing the Job in a Competitive Job Market**

6:30 p.m. • Thursday, June 28

Is your current resume not getting the results you desire? Join a Carolinas HealthCare System Human Resources representative for a session on how to write a job-winning resume and succeed in an interview. Light meal provided.



LiveWELL Carolinas!



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

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



June 2012  
SCHEDULE OF  
Events

Schedule



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

## SUPPORT GROUPS

### Mothers Support Group

6 p.m. • First Monday of each month

Join University City YMCA staff for a discussion on weight management. Information will include tips to stay healthy, exercises and proper diet choices to help drop baby weight. Sign up today for this mothers only event. Registration required.

### 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](http://www.lupuslinks.org) for more information.

### La Leche League of North Carolina Toddler Support Group (North Mecklenburg)

10 a.m. • Third Tuesday of each month

Learn more about breastfeeding your toddler beyond 12 months and meet other breastfeeding mothers and toddlers. Meetings are informal and open to mothers, toddlers and children.



## SUPPORT GROUPS

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

10 a.m. • 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™

10 a.m. • Mondays and Thursdays  
6:30 p.m. • Wednesdays (\$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. • Tuesdays (\$10 per class or \$56 for seven classes)

Tai Chi 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.

### Subtle Prenatal Yoga™

6:30 p.m. • Tuesdays (\$10 drop-in)

Prenatal yoga is not only a healthful way to relieve the stresses of pregnancy, but can have a significant positive effect on the birthing process, the loving bonds between mother and child, and a child's long-term health. Everyone is welcome - no prior experience necessary. Bring a yoga mat, if you have one, and a pillow. A note from your doctor or midwife consenting to participation is required.



## SCHEDULED EVENTS

FREE!

### Mall Walkers Club Seminar: Benefits of Strength Training for Older Adults

8 a.m. • Wednesday, June 6

Older adults often feel that this is the time in their life to retire from physical exercise, but nothing could be further from the truth. Loss of muscle and bone occurs at a rapid rate in older adults, and strength training is the best means for delaying the aging process. Meets in the food court, upper level. Free breakfast provided. No registration required.

### Understanding Foot Detox

Noon • Thursday, June 7 (\$15 per person)

Join Simone Watson from All 4 Your Body Wellness Day Spa for a session on foot detoxification. Foot detox can remove toxins from your body through the sweat glands in your feet. Benefits include increased energy, improved circulation and more. Limited to three participants every 30 minutes. Registration required.

FREE!

### Uterine Fibroid Health Seminar

6 p.m. • Thursday, June 7

About 20 to 30 percent of women ages 35 to 55 have symptomatic uterine fibroids. The incidence is twice as common among African-American women. Symptoms can include heavy or painful periods, frequent urination, pelvic pressure and lower back pain. If you are suffering from these symptoms, we invite you to attend our free seminar. Board certified physicians will be on hand to explain treatment options and answer your questions. Space is limited. Complimentary hors d'oeuvres and door prizes. To register, call 704-512-3209.



## SCHEDULED EVENTS

FREE!

### Put LIFE back in YOUR LIFE

10 a.m. – 12:30 p.m. • Every Friday for Six Weeks Beginning June 8

Are you an adult with an ongoing health condition? If you have diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety, this healthy living workshop can help you take charge of your life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health. Space limited to the first 15 participants.

### Cooking Demonstration: Patriotic Independence Day Dishes

6 p.m. • Monday, June 11 (\$5 per individual)

Join Chef Kathryn Davis for a healthy July Fourth cooking session focusing on popular summer dishes with a healthy twist. Fireworks will surely fly when you learn easy recipes to bring to your next summer gathering! Don't miss out on this live cooking session. Sign up today.

FREE!

### Keeping Your Newborn Healthy for the First 28 Days

1:00 p.m. • Wednesday June 13th and 27th

The first few days with a newborn can be intimidating for a new parent, caregiver or grandparent, so we have designed a class to calm your anxieties as you get to know your baby. Information on signs and symptoms related to feedings, sleep patterns, fevers, rashes, common illnesses and caring for a sick baby will be provided.

