

# Prisma Health Life Center

## September 2019—Life Center Programs!

**September is Yoga month!** Special classes meet Saturday at 8:30 a.m.

- Sept. 21: Yoga for Mindfulness. Enjoy the calming and stress-relieving benefits of yoga in this meditative movement session.
- Sept. 28: Yoga for Strength. Experience creative and challenging ways to build muscle strength and endurance through yoga. Free for members; \$10/public.

**Individual and Group Swim Lessons on Mondays & Wednesdays—Sept. 30-Oct. 16**, 5-5:30 p.m.(3-5 yrs.); 5:30-6 p.m. (6 yrs. & up). Fee: \$50 member; \$80 public. To register, call 455-4231 or for more information contact Bailey Kendrick, 455-4035.

**Prediabetes, Thurs., Sept. 19, Noon-1 p.m., Classroom 2.** Learn basic information about what being prediabetes means for your body. Receive tips and ideas for simple meal and lifestyle changes to help manage prediabetes. This class is presented by a registered nurse, registered dietitian or a certified diabetes educator. Open to the public. No need to register.

**Blood Connection Blood Drive, Fri., Sept. 20, Noon-1 p.m., Life Center outdoor circle drive.**

**Salt Sense, Mon., Sept. 23, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2.** It's about more than just the salt shaker! Learn how to identify highly processed foods that are high in sodium. Open to the public. No need to register.

**Master Gardener Series: The Fall Gardener-Putting Your Garden to Rest, Mon., Sept. 23, 6-7:30 p.m., Classroom 1.** Join Master Gardener Suzy Seagrave in putting your garden beds to bed! This FREE class includes the following:

- Review of the 6 major issues that affect flower and vegetable growth through the fall and winter Soil building, compost production and preparation of gardens for next year's efforts.
- Monthly (Sept., Oct., Nov., Dec.) review for both flower and vegetable gardens; what they are doing and what you should be doing for them.
- How success next year is the result of the work you do in your gardens through the fall and winter.
- Strategies and timing of tasks to get the most work done as days shorten.
- Review of timing and techniques of plant propagation.
- Retiring your flower garden while invigorating your vegetable garden so it will produce through the winter.
- Resources to explore and sharpening your most important tool - your mind - through the winter months of inclement weather.

Preregister by Friday, Sept. 20 by calling 864-455-4231. Open to the public.

**Location: Prisma Health Life Center, 875 W. Faris Rd., Greenville**

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## September 2019—Life Center Programs cont...

**Centered Mindfulness I—Tues., Sept. 24, 11:30-Noon, Wellness Suite.** Ease your day of tension with a 30-minute centered mindfulness session. Experience relaxation using breath work, progressive muscle relaxation and visual imagery.

**Centered Mindfulness II, Noon-12:30 p.m.** Practice your own visual imagery and sensory relaxation journey with this instructor led session. This session allows you to practice centered mindfulness in your everyday life. You are also welcome to join the 11:30 a.m. Centered Mindfulness session and stay the full hour! These programs are free, but you must pre-register by calling 455-4231. Open to the public.

**Exercise Rx, Wed., Sept. 25, 8:30 a.m. and 12:30 p.m., Classroom 2.** Discuss the components of exercise. Learn what makes up a safe exercise program. Open to the public. No need to register.

**Metabolic Management, Mon., Sept. 30, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 1.** Discuss the risk factors for metabolic syndrome and steps that you can take to prevent or manage issues related to lipids, blood sugar and weight. Open to the public. No need to register.

## October 2019—Life Center Programs!

**Individual and Group Swim Lessons on Mondays & Wednesdays—Sept. 30-Oct. 16,** 5-5:30 p.m.(3-5 yrs.); 5:30-6 p.m.(6 yrs. & up).

**Oct. 21-Nov.6,** 5:30-6 p.m.(3-5 yrs.); 5-5:30 p.m.(6 yrs. & up).

Fee: \$50 member; \$80 public. To register, call 455-4231 or for more information contact Bailey Kendrick, 455-4035.

**Know Your Numbers, Wed., Oct. 2, 12:30-1:30 p.m. or Wed., Oct. 16, 8:30 a.m. or 9:30 a.m., Classroom 1.** Understanding your lipids. Increase your knowledge of cholesterol and triglycerides. Open to the public. No need to register.

**Diabetes 101, Fri., Oct. 4, Noon– 1 p.m., Fri., Oct. 18, 9 a.m., or Mon., Oct. 21, 6:30 p.m., Classroom 1.** Learn the basic facts about diabetes. Open to the public. No need to register.

**Adams Mobile Market - Fri., Oct. 4 & 18, 11 a.m.—1 p.m., Lobby.** This market features local seasonal produce, artisan honey and milling products, farm-fresh eggs and meat, and tasty Take & Bakes made by an experienced chef. Gluten-free and Paleo options also are available in the lobby. Open to the public.

**Eating to Live, Mon., Oct. 7, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2.** Learn what eating patterns have been shown to improve health and longevity and how you can incorporate them into your lifestyle. Open to the public. No need to register.

**Location: Prisma Health Life Center, 875 W. Faris Rd., Greenville**

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## October 2019—Life Center Programs cont...

### Join us for EatWell plant-based cooking classes in celebration of October National Vegetarian Month!

- Monday, Oct. 7, Noon–1 p.m. – Pantry Essentials for Flavorful Meals
- Monday, Oct. 14, Noon–1 p.m. – Tackling Tofu
- Wednesday, Oct. 16, 6–7 p.m. – Tackling Tofu
- Monday, Oct. 21, Noon–1 p.m. – Comfort Food Classics
- Monday, Oct. 28, Noon–1 p.m. – 15-minute Meals
- Wednesday, Oct. 30, 6–7 p.m. – 15-minute Meals

Classes take place at the Life Center Teaching Kitchen, 875 W. Faris Rd., Greenville. Preregistration and a \$10 fee are required for each cooking class. All classes are open to the public. To register, call 864-455-4231.

### **Pre-Diabetes, Mon., Oct. 7, 6:30 p.m. or Thurs., Oct. 17, Noon, Classroom 2.**

Learn basic information about what being prediabetic means for your body. Receive tips and ideas for simple meal and lifestyle changes to help manage prediabetes. This class is presented by a registered nurse, registered dietitian or a certified diabetes educator. Open to the public, No need to register.

### **Stress Management, Wed., Oct. 9, 9:30 a.m. or 12:30 p.m., Classroom 2.**

Learn the origins of stress, how your body responds to stress, and how stress affects your heart. Discover various mental and physical techniques to control stress in your life. Open to the public. No need to register.

### **Life Center Indoor Mini Triathlon, Thurs., Oct. 10., start times: 5:15-8 p.m.**

**Swim:** 10 minutes as many lengths as possible using any stroke. **Bike:** 30 minutes to ride as many miles as possible using the Schwinn studio bikes (to the tenth of a mile). **Run:** 20 minutes to run or walk as many miles as possible (to the tenth of a mile) using the Life Center fitness treadmills. **Final Goal:** Performance is measure by the distance traveled. The goal is to cover as much distance as possible in each segment. Fee: \$10 members; \$20 public. To register call, 455-4231 or for more information contact Bailey Kendrick, 455-4035.

### **Self-defense Techniques Class–Sat., Oct. 12, 9-11:30 a.m., Classroom 1 and**

**Wellness Suite** - Join the GHA Police Dept. for this FREE assault awareness and prevention program consisting of 1 hr. classroom instruction and 1.5 hours of practice learning self-defense maneuvers. Techniques include choke and wrist release, clothing grasp release, ground defense along with any individual concerns or questions. **Space is limited to 15.** Pre-register at 455-4231. Open to the public.

**Heart Smart Nutrients, Mon., Oct. 14, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2.** Learn how specific foods, nutrients, and supplements may support a healthy body. Open to the public. No need to register.

**Diabetes Support Group, Mon., Oct. 14, 6:00-7:30 p.m., Classroom 2.** This support group offers questions and answers with a diabetes educator as well as a speaker on different diabetic-related topics. Open to the public. No need to register.

**Location: Prisma Health Life Center, 875 W. Faris Rd., Greenville**

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## **October 2019—Life Center Programs cont...**

**Salt Sense, Mon., Oct. 21, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2.** It's about more than just the salt shaker! Learn how to identify highly processed foods that are high in sodium. Open to the public. No need to register.

**Centered Mindfulness—Tues., Oct. 22, 11:30-Noon.** Ease away your tension with a 30-minute centered mindfulness session. Experience relaxation using breath work, visual imagery and progressive muscle relaxation. Immediately following, join us on **Tues., Oct. 22, Noon-12:30 p.m., for Centered Mindfulness II—Practice your own visual imagery and sensory relaxation journey** with this instructor led session. These programs are Free, but you must pre-register by calling 455-4231.

**Exercise Rx, Wed., Oct. 23, 9:30 a.m., Classroom 2 or 12:30 p.m., Classroom 1.** Discuss the components of exercise. Learn what makes up a safe exercise program. Open to the public. No need to register.

**Master Gardener Series: Groundcovers, Mon., Oct. 28, 6-7:30 p.m.** Join Master Gardener Suzy Seagrave as she discusses herbaceous groundcovers! This FREE class includes the following:

- Groundcovers are the "little black dress of the garden."
- History, definition and types of groundcovers.
- Why, where and how to use groundcovers for both function and to add beauty.
- As problem solvers, selecting appropriate plants is key and will be covered at length.
- Discussion of site preparation, spacing, planting, mulching and maintaining.
- The fall is the best time to install groundcovers, allowing them to adapt to their new environment through the fall, winter and early spring before heat and lack of water of the summer takes hold.
- Groundcovers are less demanding than annuals and perennials but can have great impact once established.
- Plant samples will be shown and discussed.

**Preregister by Friday, Oct. 25.** Minimum of 5 participants needed. For more information or to register, call **864-455-4231**.

**Sleepless in Greenville? Tues., Oct. 29, Noon-1 p.m. Join John Kudlak, Jr., MD, a Prisma Health Pulmonary Disease and Critical Care Medicine physician,** to learn more about insomnia, daytime sleepiness, narcolepsy or sleep apnea. He will also provide suggestions on how to get the rest you need. Dr. Kudlak is board certified in Sleep Medicine, Internal Medicine, Critical Care and Pulmonary Disease. He has practiced medicine for over 23 years. This program is free, but pre-registration is required by Monday, Oct. 28. To register, 864-455-4231.

**Metabolic Management, Wed., Oct. 30, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2.** Discuss the risk factors for metabolic syndrome and steps that you can take to prevent or manage issues related to lipids, blood sugar and weight. Open to the public. No need to register.

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