

# Prisma Health Life Center

## November 2019—Life Center Programs!

### Life Center Holiday Hours of Operation—

Wed. Nov. 27, 5 a.m.-8 p.m.

Thurs. Nov. 28, Closed

Fri. Nov. 29, 8 a.m.-8 p.m.\*

\*Kids' Korner closed.

Check the Group Fitness Calendar for holiday class schedule.

Check Clinical Departments for hours of operation.

### Honoring our Veterans! SC Upstate Salute, Sun., Nov. 10, 5-9 p.m. (gates open at 3 p.m.), Fluor Field. Honoring our veterans!

This family friendly event features the Special Forces Association Parachute Team, Warbirds fly over, fireworks display and concert featuring Darryl Worley! Tickets are FREE, but you must register at: <https://upstatesalute.com>

**Bring your military photo or we will take your picture** to add to our Life Center Veterans Day Honor Board in the Life Center lobby.

**Support Our Local Troops Item Drive in the lobby now until Nov. 11.**

### Adams Mobile Market - Fri., Nov. 1 & 15, 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.

**Diabetes 101, Fri., Nov. 1, Noon– 1 p.m., Fri., Nov. 15, 9 a.m., or Mon., Nov. 18, 6:30 p.m., Classroom 1.** Learn the basic facts about diabetes. Open to the public. No need to register.

**Pre-Diabetes, Mon., Nov. 4, 6:30 p.m. or Thurs., Nov. 21, 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.

**EatWell Plant-based Holidays Cooking Class, Mon., Nov. 4, Noon-1 p.m.** Thanksgiving is just around the corner and the struggle to stay true to your health goals is real! Why not be prepared with some delicious, seasonal plant-based sides for your holiday dinner table? Join owner and Executive Chef, Deborah Bouts from Sunbelly Café for a fun a delicious cooking demonstration and sampling class. Learn how to make vegetarian and vegan versions of classic holiday side dishes. Pre-registration and a \$5.00 fee are required for this class. All activities are open to the public. To register call 864-455-4231.

**Know Your Numbers, Wed., Nov. 6, 12:30-1:30 p.m. or Wed., Nov. 20, 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.

**Self-defense Techniques Class—Sat., Nov. 9, 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.

See other side for additional program offerings...

### Facility Hours

#### Monday-Thursday

5 a.m.-9:30 p.m.

#### Friday

5 a.m.-8 p.m.

#### Saturday

8 a.m.-6 p.m.

#### Sunday

1-6 p.m.

### Kids Korner

Reservations recommended  
Kids Korner, 455-4045

#### Monday-Thursday

8 a.m.-1:30 p.m.

4 p.m.-7:30 p.m.

#### Friday

8 a.m.-1:30 p.m.

#### Saturday

8 a.m.– Noon

#### Sunday

Closed

### Call Us:

#### Aquatics

Bailey Kendrick,

455-4035

Pool Hotline, 455-4050

#### Conditioning/PT

Jim Gillespie, 455-4034

Conditioning, 455-4058

#### Diabetes Manager

Michelle Stancil, 455-

8722

#### Group Fitness

Libby Boerger, 455-4669

#### Health Education

Kim Hein, 455-4001

#### HeartLife Manager

David Collins, 455-1415

#### Life Center Manager

Kendra Rorabaugh,

455-4669

#### Massage Therapy & Membership Services

Kendra Rorabaugh

455-4669

Business Office,

455-8448

Front Desk, 455-4231

#### Nutrition

Mimi Edgar, 455-4041

875 West Faris Road  
Greenville, SC 29605

864-455-4231 (p)

864-455-7700 (f)

[www.ghs.org/lifecenter](http://www.ghs.org/lifecenter)

[www.facebook.com/ghslifecenter](http://www.facebook.com/ghslifecenter)

ghslifecenter

Wi-Fi Password: GHSguest

# Prisma Health Life Center

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

**Eating to Live, Mon., Nov. 11, 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.

**Individual and Group Swim Lessons on Mondays & Wednesdays—Nov. 11-21,** 3:30-4 p.m.(3-5 yrs.); 4-4:30 p.m.(6 yrs. & up). Fee: \$50 member; \$80 public. To register, call 455-4231 or for more information contact Bailey Kendrick, 455-4035.

**Blood Connection Blood Drive, Mon., Nov. 11, 4:15-6:45 p.m. All donors receive a \$10 Visa gift card!**

**Diabetes Support Group, Mon., Nov. 11, 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.

**Stress Management, Wed., Nov. 13, 8:30 a.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.

**Salt Sense, Mon., Nov. 18, 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.

**Hands Only CPR , Mon., Nov. 18, Noon-1 p.m.,** Be the difference for someone you love! According to the American Heart Association, about 90 percent of people who experience out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Hands-only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. Join Christina Freeman, Prisma Health's STEMI & Chest Pain program manager, as she shares this free training. To register for this FREE session, call 864-455-4231.

**Centered Mindfulness—Tues., Nov. 19, 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., Nov. 19, 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.

**Reversing Diabetes with a Plant-based Diet with Dr. Motley- Wed., Nov. 20, Noon-1 p.m.** Why "manage" your diabetes when you can reverse it? Join Beth Motley MD, DipABLM, to learn about how to reverse insulin resistance with a plant-based eating style. You will learn the science behind this approach and gain the tools needed to make the change. It's easier than it sounds! Eat better, feel better, and you'll thank yourself for making the change. Fee: \$10. To register, call 455-4231.

**Metabolic Management, Mon., Nov. 25, 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.

**Exercise Rx, Wed., Nov. 27, 8:30 a.m. or 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.

### Coming in December!

**TurkeyBurn 2019: Sun., Dec. 1, 1:30-3:30 p.m.** Join multiple Group Fitness instructors for some of our most popular Group Fitness formats to raise your heart rate, challenge your muscles and burn off that Thanksgiving feast! TurkeyBurn is FREE for members; guests are invited to join in for just \$10.

**CBD 101, Tuesday, Dec. 10, Noon-1 p.m. or Monday, Dec. 16, Noon-1 p.m.** Join Henry Bynum, M.D., Prisma Health Keystone Family Medicine in his discussion and overview on CBDs.