

Prisma Health Life Center

JULY 2019—Life Center Programs!

Holiday Hours of Operation, Thurs., July 4, closed. Enjoy the Holiday! Honoring our Veterans throughout the year. Veterans receive 10% off Life Center monthly dues.

Individual and Group Swim Lessons on Mondays & Wednesdays—July 1-17 or July 22-August 7, 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 more information contact Bailey Kendrick, 455-4035.

Centered Mindfulness—Tues., July 9, 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., July 9, 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.

Adams Mobile Market - Fri., July 12 & 26, 11 a.m.—1 p.m. 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.

Self-defense Techniques Class—Sat., July 13, 9-11:30 a.m.- 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.

Blood Connection Blood Drive, Mon., July 15, 4:15-7:15 p.m.-1 p.m.

Prepping Your Skin for Summer and Beyond! Tues., July 16, 6-7 p.m. This class is an introduction to using the right products to take care of your skin year around, but especially how to stay protected in the summer.

Lauren Propst, Medical Aesthetician with Dermatology Associates will explore deeper, the types of treatments and procedures that can help you stay looking and feeling your best! Lauren specializes in hyperpigmentation, acne scarring, stem cell therapy for the skin and full body laser hair removal. Other treatments are: IPL-Intense Pulsed Light, telangiectasia removal (spider veins), Microneedling, Dermaplaning, chemical peels and Laser Genesis. Free samples. This class is FREE but you must pre-register by calling 455-4231.

Master Gardener Series: Fall and Winter Gardening. Mon., July 22, 6-7:30 p.m., Join Master Gardener Suzy Seagrave to learn how planting cool-season crops in late summer and again in winter can provide you with vegetables for up to 9 months (fall to spring)! This is a FREE class, but pre-registration is required by Fri., July 19. Minimum of 5 participants needed. For more information and to register, call 455-4231.

Love your legs again! Mon., July 29, 6-7 p.m. Do you experience symptoms of muscle cramping, swelling, tenderness or aching in your legs? Or are you simply tired of the appearance of your varicose or spider veins? **Join Lisa Darby, MD, from Prisma Health's Center for Venous and Lymphatic Medicine, to learn about identifying, treating and preventing venous disorders.** Dr. Darby is a vascular medicine expert who specializes in varicose vein treatment, deep vein thrombosis (DVT), lymphedema and sclerotherapy (spider vein removal). Treatment options such as VenaSeal™, endovenous laser treatment (EVLT), sclerotherapy and micro-incisional phlebectomy will also be discussed. **The Center for Venous and Lymphatic Medicine is staffed by four board-certified venous and lymphatic specialists.** For more information or to register for this FREE program, call 455-4231.

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 p.m.-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

Group Fitness

Kendra Rorabaugh,
455-4669

Health Education

Kim Hein, 455-4001

Massage Therapy & Membership Services

Joe Middleton,
455-1222
Business Office,
455-8448
Front Desk, 455-4231

Nutrition

Mimi Edgar, 455-4041

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