

Prisma Health Life Center

December 2019—Life Center Programs!

Life Center Holiday Hours of Operation-

Tues. Dec. 24, 5 a.m.-Noon*

Wed., Dec. 25, Closed

Thurs., Dec. 26, 8 a.m.-9:30 p.m.*

Tues., Dec. 31, 5 a.m.-4 p.m.*

Wed., Jan. 1, Closed and Thurs., Jan. 2-regular hours resume.

*Kid's Korner Closed. Check the Group Fitness Calendar for holiday class schedule. Check for Clinical Department hours of operation.

Give the Gift of Health! Special pricing on packages and gift

certificates valid Dec. 1-24: Massage Therapy: \$5 off member/\$10 off guest. Valid on purchase of 1 hr. or more massage therapy session or heated stone treatment. Personal Training: 5-30 minute training sessions: \$99 member/\$148 guest or 5 1-hour training sessions: \$160 member/\$210 guest.

During the Month of December join our 12 Days of Fitness Challenge - It's as Easy as 1,2,3...Just workout at Least 12 Days in December!

- 1) Register in the Arena on the 12 Days of Fitness Board in the Conditioning arena starting Dec. 1.
- 2) Exercise 12 days or more at the Life Center during the month of December-be sure to tally your workout each time.
- 3) Complete your 12th session and each additional session thereafter, your name will be automatically entered in Santa's gift bag for a chance to win a great prize!

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 and guests.

Eating to Live, Mon., Dec. 2, 8:30 a.m., 9:30 a.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.

Fleet Feet Sports—Give the Gift of Health! Mon., Dec. 2, 9 a.m.-Noon.

Enhance your loved one's life through fitness! Give the gift of health! Healthy stocking stuffers for your holidays & shoe fittings will be offered. Get a FREE 3D mapping of your feet with FIT ID to find the shoe that's just right for you! Enjoy 20% OFF package discount with purchase of shoes, socks, and insoles. Open to the public.

Blood Connection Blood Drive-Give the Gift of Life!, Mon., Dec. 2, 4:45-7:15 p.m. All donors receive two movie tickets!

Pre-Diabetes, Mon., Dec. 2, 6:30 p.m. or Thurs., Dec. 19, Noon, Rm. 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. A registered nurse, registered dietitian or certified diabetes educator teaches this class. Open to the public. No need to register.

Eatwell Cooking Class: "Warm Winter Favorites", Mon., Dec. 2, Noon -1 p.m.

As temperatures drop there's nothing like the savory scents and flavors of a hearty homemade meal to warm your spirit. Owner and chef Adam Sturm from Adam's Mobile Market will show us how to use local and seasonal ingredients to make a delicious, nutritious meal perfect for a cold winter's day. Bring your lunch and join us for this fun and informative cooking demonstration with samples. Class is open to the public. Registration and a \$5 fee are required: Call 864-455-4231.

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

Bill Ng
455-1222

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

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Wi-Fi Password: GHSguest

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December 2019—Life Center Programs cont...

Know Your Numbers, Wed., Dec. 4, 12:30 p.m. or Wed., Dec. 18, 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.

Adams Mobile Market - Fri., Dec. 6 & 20, 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., Dec. 6, Noon– 1 p.m., Mon., Dec. 16, 6:30 p.m., or Fri., Dec. 20, 9 a.m., Classroom 1. Learn the basic facts about diabetes. Open to the public. No need to register.

Heart Smart Nutrients, Mon., Dec. 9, 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., Dec. 9, 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.

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

- What is known and what is speculated about Cannabinoids (CBDs)
- How CBD affects the body
- Research/evidence base (Journal of Clinical Investigation, Experimental Dermatology)
- CBDs as an anti-inflammatory (Arthritis Foundation endorsement and clinical guidelines)
- CBD and anxiety, sleep, pain
- How to find a safe product tested for purity, potency and safety, along with a reputable company
- Federal Law relating to CBD

To register for this FREE class call 864-455-4231. Open to the public.

Stress Management, Wed., Dec. 11, 9:30 a.m. & 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.

Self-defense Techniques Class—Sat., Dec. 14, 9-11:30 a.m., Rm.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.

Private Swim Lessons. For more information, contact Bailey Kendrick at 455-4035.

Salt Sense, Mon., Dec. 16, 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., Dec. 17, 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., Dec. 17, 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.

Metabolic Management, Mon., Dec. 23, 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.

Coming in January! We are kicking off Life Center's 30-Year Anniversary activities!

See other side for additional program offerings...