

Prisma Health Life Center

September 2019—Life Center Programs!

Holiday Hours of Operation, Mon., Sept. 2, 8 a.m.—4 p.m. Kid's Korner will be closed and Group Fitness classes will not meet. HeartLife is closed.

September is Yoga month! Be on the lookout for special program offerings during the month of September!

Know Your Numbers, Wed., Sept. 4, 12:30-1:30 p.m. or Wed., Sept. 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.

Rowing Workshop, Wed., Sept. 4, 5:30-6:30 p.m., Outdoor training area. Learn proper rowing form, understanding units of measure, pacing distance rows, and power sprint rows. Rowing workout plans will be given to kick start your new exercise program. All skill levels welcome. Fee: \$10 Members; \$15 Public. Pre-register at front desk or call 864-455-4231.

Diabetes 101, Fri., Sept. 6, Noon- 1 p.m., Mon., Sept. 16, 6:30 p.m. or Fri., Sept. 20, 9 a.m., Classroom 1. Learn the basic facts about diabetes. Open to the public. No need to register.

Adams Mobile Market - Fri., Sept. 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.

Eating to Live, Mon., Sept. 9, 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 life-style. Open to the public. No need to register.

Individual and Group Swim Lessons on Mondays & Wednesdays—Sept. 9-25 or 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.

Diabetes Support Group, Mon., Sept. 9, 6:30-7:30 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., Sept. 11, 8:30 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.

EatWell Cooking Class—Wed., Sept. 11, 6-7 p.m. The kids are heading back to school and the lazy days of summer are behind us. At this time of year, being super-organized can come in handy! We could all use some help getting a quick and easy dinner on the table. Chef Veera Gaul, owner of Oil and Vinegar, will be here to show us how to do just that! Join this fun and informative cooking demonstration as we learn how to create delicious and nutritious weeknight meals. Enjoy tastings and come prepared to shop as products will be available for purchase. Pre-registration and a \$5 fee are required for this cooking class. Open to the public. To register, 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

Kendra Rorabaugh,
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

Joe Middleton,
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
www.facebook.com/ghslifecenter

Wi-Fi Password: GHSguest

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September 2019—Life Center Programs cont...

Self-defense Techniques Class—Sat., Sept. 14, 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., Sept. 16, 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.

Blood Connection Blood Drive, Mon., Sept. 16, 4:15-7:15 p.m., Life Center outdoor circle drive.

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.

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.

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.

See front side for additional program offerings...