

# Prisma Health Life Center

## January 2020—Life Center Programs!

### Life Center Holiday Hours of Operation-Happy & Healthy New Year!

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

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

Mon., Jan. 20, 8 a.m.-4 p.m. Honoring Martin Luther King, Jr. Day

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

**Friends and family in town for the holiday? Invite them to the Life Center for a complimentary visit! All guest visits are free Dec. 23 through Dec. 29.** Guests will be asked to show valid photo ID and complete a guest waiver prior to entry.

**The Life Center is celebrating our 30-year Anniversary in 2020! Be on the lookout for special events, challenge activities and more!**

**Membership Special—Tell your family and friends - new members who join in January, won't pay dues until February 15!**

**Diabetes 101, Fri., Jan. 3, 1 p.m., Classroom 2.** Learn the basic facts about diabetes. Open to the public. No need to register.

**Eating to Live, Mon., Jan. 6, 8:30 a.m. or 10:30 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.

**Pre-Diabetes, Mon., Jan. 6, 6:30 p.m. or Thurs., Jan. 16, 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.

**Know Your Numbers, Wed., Jan. 8, 12:30 p.m. or Wed., Jan. 22, 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., Jan. 11, 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.

**Interested in learning more about the indoor cycle lingo, bikes, and overall cycle basics?** Join our certified Indoor Cycle instructors for **Indoor Cycle Basics, Sat., Jan. 11, 8:15-9 a.m.** This class is free for members, but space is limited. Please register with the Life Center front desk at 455-4231 or on Club Ready.

Questions? Email: [Libby.Boerger@prismahealth.org](mailto:Libby.Boerger@prismahealth.org).

**Heart Smart Nutrients, Mon., Jan. 13, 8:30 a.m. or 10:30 a.m., Classroom 2.** Learn how specific foods, nutrients, and supplements may support a healthy body. Open to the public. No need to register.

**Winter Group Swim Lessons begin, Jan. 13-23 or Jan. 27-Feb. 6. Monday, Tuesday and Thursday afternoons.** Preschool (ages 3-5): 3:30-4 p.m. and Youth (6 yrs.+): 4-4:30 p.m. Fees per session per child: Member \$50; Public \$80. **Private Swim Lessons are also available.** For more information, contact Bailey Kendrick at 455-4035 or [bai-ley.kendrick@prismahealth.org](mailto:bai-ley.kendrick@prismahealth.org).

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

Wi-Fi Password: GHSguest

# **Prisma Health Life Center**

## **January 2020—Life Center Programs cont...**

**Diabetes Support Group, Mon., Jan. 13, 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.

**Exercise Rx, Wed., Jan. 15, 9:30 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.

**Centered Mindfulness—Tues., Jan. 21, 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., Jan. 21, 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.

**Master Gardener Series: Success with Seeds—Tues., Jan. 21, 6-7:30 p.m.** Join Master Gardener Suzy Seagrave to learn how to collect, preserve and prepare seeds for planting. This class includes the following: Structure, nature, protective strategies and dispersal of seeds in nature; How to collect, preserve and prepare seeds for planting; Examination of a variety of actual seeds; Explanation of the 4 steps of seed germination and the progression for when seed meets soil to planting a mature seedling in your garden; Preparation of the right environment to start seeds; Simple tools, equipment, soils and methods for starting seeds; Importance of light and temperature requirement of seeds; Importance of labeling and recordkeeping; Suggested books on starting plants from seeds. This program is FREE but you must pre-register by calling: 864-455-4231.

**Stress Management, Wed., Jan 22, 9:30 a.m. or 12:30 p.m., Rm. 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.

**2020 is here: Let's Get Started! Wed., Jan. 22, Noon-1 p.m.—** Want to learn how to commit to fitness in 2020? "Let's Get Started" will give you the tools and knowledge to get you on the path to fitness. You will learn about proper progression and good positioning, along with workout frequency and duration. This FREE class will be led by Grayson Shubert, BS, Crossfit Level I Trainer. Sign up today at the front desk, 455-4231 or call the Conditioning Desk: 864-455-4058.

**Life Center Indoor Mini Triathlon, Sat., Jan. 25, start times: 8:15 a.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.

**Eatwell Cooking Class: How to Build a Balanced Plant-Based Meal with chef Lauren Limbird, Mon., Jan. 27, Noon-1 p.m.** Thinking of going plant-based in 2020 but wondering how to pull it off? Need a plan? In our next educational and entertaining Eatwell cooking class, we'll discuss the *whys* and *hows* of bringing balance to your plant-based plate. Then, chef Lauren Limbird will demonstrate the concept and prepare a delicious grain and veggie bowl for everyone to sample. It's the perfect time of year to make a positive and healthy change in your life. Get things started with our monthly Eatwell cooking classes! Classes take place at the Life Center Teaching Kitchen, 875 W. Faris Rd., Greenville. Pre-registration and a \$15 fee are required. All classes are open to the public. To register, call 864-455-4231.

**Salt Sense, Mon., Jan. 27, 8:30 a.m. or 10:30 a.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.

**Metabolic Management, Thurs., Jan. 30, 8:30 a.m. or 10:30 a.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.

**See other side for additional program offerings...**