

Prisma Health Life Center

October 2019—Life Center Programs!

Individual and Group Swim Lessons on Mondays & Wednesdays—

Sept. 30-Oct. 16, 5-5:30 p.m.(3-5 yrs.); 5:30-6 p.m.(6 yrs. & up).

Oct. 21-Nov.6, 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 for more information contact Bailey Kendrick, 455-4035.

Know Your Numbers, Wed., Oct. 2, 12:30-1:30 p.m. or Wed., Oct.

16, 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.

Diabetes 101, Fri., Oct. 4, Noon- 1 p.m., Fri., Oct. 18, 9 a.m., or Mon., Oct. 21, 6:30 p.m., Classroom 1. Learn the basic facts about diabetes. Open to the public. No need to register.

Adams Mobile Market - Fri., Oct. 4 & 18, 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., Oct. 7, 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.

Join us for EatWell plant-based cooking classes in celebration of October National Vegetarian Month!

- Monday, Oct. 7, Noon-1 p.m. – Pantry Essentials for Flavorful Meals
- Monday, Oct. 14, Noon-1 p.m. – Tackling Tofu
- Wednesday, Oct. 16, 6-7 p.m. – Tackling Tofu
- Monday, Oct. 21, Noon-1 p.m. – Comfort Food Classics
- Monday, Oct. 28, Noon-1 p.m. – 15-minute Meals
- Wednesday, Oct. 30, 6-7 p.m. – 15-minute Meals

Classes take place at the Life Center Teaching Kitchen, 875 W. Faris Rd., Greenville. Preregistration and a \$10 fee are required for each cooking class. All classes are open to the public. To register, call 864-455-4231.

Pre-Diabetes, Mon., Oct. 7, 6:30 p.m. or Thurs., Oct. 17, 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.

Stress Management, Wed., Oct. 9, 9:30 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.

Life Center Indoor Mini Triathlon, Thurs., Oct. 10., start times: 5:15-8 p.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.

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

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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October 2019—Life Center Programs cont...

Self-defense Techniques Class—Sat., Oct. 12, 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., Oct. 14, 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., Oct. 14, 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.

Salt Sense, Mon., Oct. 21, 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., Oct. 22, 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., Oct. 22, 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.

Exercise Rx, Wed., Oct. 23, 9:30 a.m., Classroom 2 or 12:30 p.m., Classroom 1. Discuss the components of exercise. Learn what makes up a safe exercise program. Open to the public. No need to register.

Master Gardener Series: Groundcovers, Mon., Oct. 28, 6-7:30 p.m.

Join Master Gardener Suzy Seagrave as she discusses herbaceous groundcovers! This FREE class includes the following:

- Groundcovers are the "little black dress of the garden."
- History, definition and types of groundcovers.
- Why, where and how to use groundcovers for both function and to add beauty.
- As problem solvers, selecting appropriate plants is key and will be covered at length.
- Discussion of site preparation, spacing, planting, mulching and maintaining.
- The fall is the best time to install groundcovers, allowing them to adapt to their new environment through the fall, winter and early spring before heat and lack of water of the summer takes hold.
- Groundcovers are less demanding than annuals and perennials but can have great impact once established.
- Plant samples will be shown and discussed.

Preregister by Friday, Oct. 25. Minimum of 5 participants needed. For more information or to register, call **864-455-4231.**

Sleepless in Greenville? Tues., Oct. 29, Noon-1 p.m. Join **John Kudlak, Jr., MD, a Prisma Health Pulmonary Disease and Critical Care Medicine physician**, to learn more about insomnia, daytime sleepiness, narcolepsy or sleep apnea. He will also provide suggestions on how to get the rest you need. Dr. Kudlak is board certified in Sleep Medicine, Internal Medicine, Critical Care and Pulmonary Disease. He has practiced medicine for over 23 years. This program is free, but pre-registration is required by Monday, Oct. 28. To register, 864-455-4231.

Metabolic Management, Wed., Oct. 30, 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.

See other side for additional program offerings...