

Your Community... Your Self

Events • May 2016



HEART AND VASCULAR HEALTH

Self Directions Stroke Support

Support group for survivors of stroke and other life-altering medical events.
Tuesday, May 10, Noon-1 p.m.
Optimum Life Center, 115 Academy Ave
(864) 725-5551

Heart 2 Heart

Support group for people with heart and vascular disease and those wanting to prevent it.
Thursday, May 19, 6-7 p.m.
Optimum Life Center, Classroom 1
115 Academy Ave
Self Regional Medical Center
Call to reserve your space (864) 725-4739

CANCER PREVENTION & WELLNESS

Women in Pink

Support group for female cancer survivors.
Tuesday, May 17, 5:30-6:30 p.m.
Cancer Center Learning Center
(864) 725-5977

Lunch & Learn

Tuesday, May 10, Noon
Edgefield County Hospital
Please join us for a free lunch and learn featuring Ruiling Yuan, MD, Medical Oncology/Hematology and Clint Wood, MD, Radiation Oncology as they discuss Lung Cancer. RSVP to reserve your space and to get location information. (864) 725-7125 or Amanda.kelley@selfregional.org

Thursday, May 19, Noon

SMG Tower Pointe
Please join us for a free lunch and learn featuring John Funke, MD, Radiation Oncology as he discusses Prostate Cancer. RSVP to reserve your space and to get location information. (864)725-7127 or emily.barnes@selfregional.org

Thursday, May 26, 5:30 p.m.

Self Medical Center Laurens
Please join us for a free lunch and learn featuring Ruiling Yuan, MD, Medical Oncology/Hematology and Clint Wood, MD, Radiation Oncology as they discuss Lung Cancer. RSVP to reserve your space and to get location information. (864)725-7127 or emily.barnes@selfregional.org

DIABETES PREVENTION & WELLNESS

Sit and Be Fit Exercise Classes

Thursday, May 5
Thursday, May 19
3:00 p.m.
Optimum Life Center, Classroom A
(864) 725-5753

Free Community Diabetes Classes

Thursday, May 12
10 a.m.
Optimum Life Center, Classroom A
(864) 725-5753
"Diabetes and Skin Care"
Speaker: Donna Culbertson, RN, BSN, CDE, CPT

WOMEN'S HEALTH

Establishing a Successful Breastfeeding Relationship

Choice of two dates for class:
Tuesday, May 3, 7 – 8 p.m.
Monday, May 9, 1 – 2 p.m.
Location: 2 Tower Women's Center Library
Registration: (864) 725-5748

Preparing for Childbirth

Saturday, May 7
9 a.m. – 3 p.m. (lunch will be served) Classes include information on nutrition, proper breathing, exercise, pain management and what mothers-to-be should expect. 2 Tower Women's Center Library
Cost: \$55
Registration:
(864) 725-5748



Partnering for Wellness ...

The health and fitness center of Self Regional Healthcare is located at 501 Ellison Avenue (behind Lander University's Jeff May Sports Complex) (864) 725-4664

- Monday – Thursday, 5:00 a.m. – 9:00 p.m.
- Friday, 5:00 a.m. – 7:00 p.m.
- Saturday, 8:00 a.m. – Noon
- Sunday, 1:00 – 5:00 p.m.

Wellness Works offers a variety of group exercise classes:

- Great selection of group fitness classes per week (yoga, Pilates®, step, water, Zumba®)
- Cardiovascular equipment
- Resistance weight equipment
- Free weights
- Individual and group personal training
- Pilates® Cadillac Reformer personal training
- Basic nutrition counseling
- Nationally trained and certified group fitness instructors and personal trainers
- Rehabilitation crossover program

Child care available.



WELLNESS WORKS

The health and fitness center of
SELF REGIONAL
HEALTHCARE

Community Prevention and Wellness

Look for Self Regional's Prevention and Wellness team at these locations for screenings and health education opportunities.

May 2	Community Cholesterol/ Health Screenings	Wellness Works	8-11 a.m.*
May 3	Health and Wellness Expo/ Health Education	Fuji Film	10 a.m.-2 p.m.
May 10	Health and Wellness Expo/Health Education	Fuji Film	10 a.m.-2 p.m.
May 12	Lunch and Learns/Health Education	Fuji Film	11 a.m.-1 p.m.

*These events are open to the public.

The Health Express is coming to you!

Look for our 42-foot mobile vehicle as we bring health screenings and education to communities in the Lakelands area. If your business, church, school or community organization would like more information about Health Express services, please contact us today. **More info: Selynto Anderson, M.Ed., Community Prevention and Wellness Services Manager, (864) 725-4164 or sanderson@selfregional.org**

Health Express May schedule

May 4		Fukoku	7 a.m.-Noon
May 5-8	Health Education and Screenings	Symetra Tour/Stoney Point	10 a.m.-6 p.m.*
May 11		Fukoku	1-5 p.m.
May 14	Health Education and Screenings	Laurens Little River Bridge Run	8-11 am*
May 18		Fukoku	7 a.m.-Noon
May 19	Health Education and Screenings	Live After 5 Uptown Greenwood	4-7 p.m.*
May 21	Health Education and Screenings	Jacob Chapel Baptist Church	8 a.m.-Noon*
May 25		Fukoku	1-5p.m.
May 27	Health Education and Screenings	Catfish Feastival	3-8 p.m.*
May 28	Health Education	McCormick County Kids Fest	11 a.m.-3 p.m.*

*These events are open to the public.



facebook.com/selfregional
SELF REGIONAL
HEALTHCARE