

Self + Health

Your partner in wellness.

Self Regional Healthcare promotes health and wellness in the Lakelands by providing a variety of quality programs that lead to positive lifestyle changes.

June

COMMUNITY HEALTH SERVICES

Screenings

Cholesterol

Monday, June 1
8:00 a.m. – 11:00 a.m.
Wellness Works Fitness Center
\$20 Wellness Works members
\$25 non-members

Blood Pressure

Tuesday, June 2
10:00 a.m. – noon
Belk – Greenwood Mall

Education Classes

Weight Loss Surgery Presentations

Tuesday, June 9*
6:00 p.m.
Speaker: Jeffrey Thomas, M.D.
Nisbet Center at Self Regional
Healthcare, Classroom D

Thursday, June 18*
6:00 p.m.
Speaker: Edward J. Rapp, II, M.D.
Community Room at Tower Pointe
Medical Center

**To register, please contact
Cynthia Iwig, bariatric coordinator,
by phone, (864) 725-7051; or via
e-mail, ciwig@selfregional.org.*

Diabetes Education

Thursday, June 11
10:00 a.m. and 7:00 p.m.
“My ‘Therese’ Favorite Things”
Speaker: Therese Moore, RD, LD, CDE
Optimum Life Center, Classroom A
115 Academy Avenue, across the
street from the Self Regional
Emergency Care Center
Call (864) 725-5007 for information.

Celiac Disease Support Group

Wednesday, June 3
6:00 p.m.
Optimum Life Center, Classroom A
115 Academy Avenue, across the
street from the Self Regional
Emergency Care Center
Call (864) 725-6160 for information.

Business and Health

Self Regional Healthcare – Self Cares
Employee Wellness Program
Self Regional Healthcare – Self
Wellness Encourages Lasting
Lifestyles (SWELL)
Greenwood Metropolitan District –
CPR recertification
Velux – employee health fair
Goodrich – employee health
coaching

CONGREGATIONAL NURSING

About the Program

Congregational Nursing is a health ministry and partnership between Self Regional Healthcare and area churches. This community outreach ministry focuses on wellness of the body, mind and spirit. Roles include:

- Congregational nurses
- Health ministers
- Health promoters
- Group leaders for Living Well SC

Lifestyle Management

Living Well South Carolina

Living Well South Carolina teaches techniques for self-management of chronic conditions. Class participants learn to take charge of their health, manage symptoms of a chronic condition and get more out of life.

This Month's Programs

Bone density screening – Harris Baptist Church
Living Well S.C. – Main Street United Methodist Church

*For information on health ministry programs, contact
Patsy Hannah, RN-BC, BSN, at (864) 725-4677 or via
email at phannah@selfregional.org.*

WELLNESS WORKS

About the Program

Wellness Works is a health and fitness program serving the Lakelands. It is located at 501-J Montague Avenue, Greenwood. Call (864) 725-4664 for more information.

Hours

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 p.m. – 5:00 p.m.

Lander University faculty, staff and students receive Self Regional Healthcare staff membership rates.

Classes

A variety of group exercise classes offered each week. Call Wellness Works at (864) 725-4664 for more information or a full list of class offerings.

Wellness Works for Kids

The program encourages eating right and exercising to prevent childhood obesity. Call (864) 725-4665 for details.

SELF REGIONAL
HEALTHCARE