

Your Community...Your Self

Events • March 2017



HEART & VASCULAR HEALTH

Self Directions Stroke Support

Support group for survivors of stroke and other life-altering medical events.
Tuesday, March 14, Noon – 1 p.m.
Optimum Life Center
(864) 725-5551



CANCER PREVENTION & WELLNESS

Self Survivors

Support group for all cancer survivors
Tuesday, March 7, 5:30 p.m. – 6:30 p.m.
Self Regional Cancer Center
(864) 725-5977

Women in Pink

Support group for female cancer survivors.
Tuesday, March 21, 5:30 – 6:30 p.m.
Learning Center
(864) 725-5977

Look Good Feel Better

Beauty Workshop for Women undergoing cancer treatments
Cancer Center
Call Katie Davis at (864)-725-5977
or Amanda Kelly at (864)-725-7125
to confirm date and time



Survive & Thrive Yoga

Hosted Every Monday for cancer survivors only.
For more detailed information call
Katie Davis at 864-725-5977



DIABETES PREVENTION & WELLNESS

Sit and Be Fit Exercise Classes

Thursday, March 2
Thursday, March 16
3:00 p.m.
Optimum Life Center, Classroom A
(864) 725-5753

Free Community Diabetes Classes

Thursday, March 9, 10am
Optimum Life Center, Classroom A
(864) 725-5753
“Importance of Testing Blood Sugar”
Speaker: Kathy Smith BSN, RN, CDE, CPT
Alternate parking in front of the hospital
on the Edgefield Street side. For cart
transportation to the Optimum Life
Center call 554-2843

WOMEN'S HEALTH

Establishing a Successful Breastfeeding Relationship

Choice of two dates for class:
Tuesday, March 7, 7 – 8 p.m.
Monday, March 13, 1 – 2 p.m.
Location: 2 Tower Women's Center Library
Registration: (864) 725-5748

Preparing for Childbirth

Saturday, March 4, 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.
Location: 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

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

March 6	Health Screenings/Cholesterol Screenings	Wellness Works	8-11 a.m.*
March 8	Health Education	The Nest Adult Daycare	10-11 a.m.
March 11	Health Education	Mt. Tabor Baptist Church	10:15 a.m.-2 p.m.*
March 14	Health Education	The Nest Adult Daycare	1-2 p.m.
March 24	Health Education	Greenwood Early Childhood Center	8:30-11 a.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 March schedule

March 1	Health Screenings	Fukoku	1-6 p.m.
March 6	Health Education/Screenings	Little River Multicultural Center	10 a.m.-Noon*
March 8	Health Screenings	Fukoku	7a.m.-Noon
March 12	Health Education/Screenings	Dunham Temple	8:30-11:30 a.m.*
March 13	Health Education	Mt. Sinai AME	10 a.m.-Noon
March 15	Health Screenings	Fukoku	1-6 p.m.
March 20	Health Education	St.Mark United Methodist	10 a.m.-Noon*
March 22	Health Screenings	Fukoku	7a.m.-Noon
March 23	Health Education	Greenwood Food Bank	12:30-3:30pm*
March 25	Health Education	Grace Community Church	8-11 a.m.*
March 27	Health Education	Mt. Olive Baptist Church	10 a.m.-Noon*
March 29	Health Screenings	Fukoku	1-6 p.m.

*These events are open to the public.



facebook.com/selfregional

SELF REGIONAL
HEALTHCARE