

Your Community...Your Self

Events • October 2017



HEART & VASCULAR HEALTH

Self Directions Stroke Support

Support group for survivors of stroke and other life-altering medical events.

Tuesday, October 10, Noon – 1 p.m.
Optimum Life Center
(864) 725-5551

CANCER SUPPORT AND EDUCATION

Between Friends

Support group for female cancer survivors.
Tuesday, October 17, 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

Multiple Myeloma Support Group

Thursday, October 5, 5:00 p.m.
Self Regional Healthcare Cancer Center
1325 Spring Street
For information call Amanda Kelley
(864) 725-7125

Prevention and Wellness Exercise Program

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

DIABETES SUPPORT CLASSES

Sit and Be Fit Exercise Classes

Thursday, October 5
Thursday, October 19
3:00 p.m.
Optimum Life Center, Classroom A
115 Academy Ave, Greenwood
(864) 725-5753

Free Community Diabetes Classes

Thursday, October 12, 10 a.m.
Optimum Life Center, Classroom A
115 Academy Ave, Greenwood
(864) 725-5753

“Why does Diabetes cause complications?”

Speaker: Mara Schwartz RN, CDE

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, October 3
7 – 8 p.m.

Monday, October 9
1 – 2 p.m.

Location: 2 Tower Women's Center Library
Registration: (864) 725-5748

Starting Off Right

(Early Pregnancy Class)

For women three to six months pregnant.

Friday, October 19

7:00 p.m. - 8:30 p.m.

Self Regional Medical Center Women's Library
2nd Floor of Patient Tower

Cost: Free, Registration: (864) 725-5748

Preparing for Childbirth

Saturday, October 14,
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 (Conditioning, Cross Training, and Mind & Body)
- Cardiovascular, resistance equipment, including free weights, plate loaded, and selectorized machines
- Individual and group personal training
- Pilates® Cadillac Reformer personal training
- Nationally trained and certified group fitness instructors and wellness coaches
- Medical fitness

Child care available.

Community Prevention and Wellness

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

October 2	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 2	Cholesterol Screenings	Wellness Works	8-11 a.m.*
October 4	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 5	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 9	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 10	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 10	Health Education	The Nest Adult Daycare; Clinton, SC	10-11 a.m.
October 12	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 13	Health Education	CPR Training CPW	8:30 a.m.-4:00 p.m.
October 17	Health Education	Ascend Health Fair	11 a.m.-7 p.m.
October 18	Health Education	Ascend Health Fair	11 a.m.-7 p.m.
October 21	Health Education	SMG Laurens; Safekids	11 a.m.-2 p.m.
October 30	Health Screenings and Education	Meg's House	9 a.m.-Noon

*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 October schedule

October 4	Health Screenings	Fukoku	8 a.m.-noon
October 11	Health Screenings	Fukoku	1-6 p.m.
October 14	Health Screenings	Unity Fest; Laurens, SC	8:30-10:30 a.m.*
October 16	Health Education	SAPA; Belton, SC	8 a.m.-5 p.m.
October 16	Health Screenings	Women in Unity; Edgefield, SC	8:30-11:30 a.m.
October 18	Health Screenings	Fukoku	8 a.m.-noon
October 18	Health Education	SAPA; Belton, SC	8 a.m.-5 p.m.
October 20	Health Screenings	Dollar General; Chappells, SC	8:30-10:30 a.m.*
October 21	Health Screenings	Young Mt. Zion Church; Chappells, SC	8 a.m.-noon*
October 25	Health Screenings	Pricewise; Greenwood, SC	8 a.m.-noon*
October 25	Health Screenings	Fukoku	1-6 p.m.
October 28	Health Screenings	Lakelands Rural Health Network Uptown Market	12-2 p.m.*

*These events are open to the public.



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