

Your Community... Your Self

Events • May 2018



HEART & VASCULAR HEALTH

Self Directions Stroke Support
Support group for survivors of stroke and other life-altering medical events.
Tuesday, May 8
Noon – 1 p.m.
115 Academy Ave, Greenwood
Optimum Life Center
(864) 725-5551

CANCER SUPPORT AND EDUCATION

Between Friends
Support group for female cancer survivors.
Tuesday, May 15
5:30 – 6:30 p.m.
Learning Center, (864) 725-5977

Self Survivors
Support group for all cancer survivors
Tuesday, May 1
5:30 – 6:30 p.m.
Cancer Center Learning Center
Open to patients and caregivers.
(864) 725-7127

Look Good Feel Better
Beauty workshop for women undergoing cancer treatments.
Self Regional Cancer Center
Call Katie Davis at (864) 725-5977
or Amanda Kelley at (864) 725-7125
to confirm date and time

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

WOUND OSTOMY CARE

Ostomy Support Group
Thursday, May 10
5:30 p.m.
Wound Healing Institute Conference Room
138 Wells Avenue

DIABETES SUPPORT CLASSES

Sit and Be Fit Exercise Classes
Thursday, May 3
Thursday, May 17
3 p.m.
Optimum Life Center, Classroom A
115 Academy Ave, Greenwood
(864) 725-5753

Free Community Diabetes Classes
Thursday, May 10, 10 a.m.
Optimum Life Center, Classroom A
115 Academy Ave, Greenwood
(864) 725-5753
“Dining Out – What do I need to do?”
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, May 1
7 – 8 p.m.
Monday, May 14
1 – 2 p.m.
Location: 2 Tower Women's Center Library
Registration: (864) 725-5748

Childbirth 101: What to Expect During Labor
Tuesday, May 15
6 – 8 p.m.
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: Free
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 a.m. – 9 p.m.
- Friday, 5 a.m. – 7 p.m.
- Saturday, 8 a.m. – Noon
- Sunday, 1 – 5 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 and 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.

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.

May 1	Health Education	Fujifilm Health Expo	10 a.m.-2 p.m.
May 2	Health Education	Fujifilm Health Expo	10 a.m.-2 p.m.
May 7	Cholesterol Screenings	Wellness Works	8-11 a.m.
May 9	Health Education	GLEAMS Parent Group	8:30-9:30 a.m.
May 18	Physical Activity	Greenwood Early Childhood Center	8:30-10:30 a.m.
May 23	Career Day	Matthews Elementary	8:30 a.m.-2 p.m.

*Indicates that the event is open to 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 12	Health Screenings and Education	Little River Baptist Church	8-10:30 a.m.*
May 19	Health Screenings and Education	Jacob Chapel Church	8-11 a.m.*
May 20	Health Screenings and Education	Dunham Temple Church	9-11 a.m.*

*Indicates that the event is open to public



