

# Your Community... Your Self

## February 2019 Events

### HEART & VASCULAR HEALTH

#### Self Directions Stroke Support

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

Tuesday, February 12, 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, February 19, 5:30-6:30 p.m.  
Learning Center, (864) 725-5977

#### Multiple Myeloma Support Group

Thursday, February 7, 5 p.m.  
Self Regional Healthcare Cancer Center Learning 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 Amanda Kelley at (864)-725-7125

### DIABETES SUPPORT CLASSES

#### Sit and Be Fit Exercise Classes

Thursday, February 7, 3 p.m.  
Thursday, February 21, 3 p.m.  
Optimum Life Center, Classroom A  
115 Academy Ave, Greenwood  
(864) 725-5753

#### Free Community Diabetes Classes

Thursday, February 14, 10 a.m.  
Optimum Life Center, Classroom A  
115 Academy Ave, Greenwood, (864) 725-5753  
"So Many Diets- What Do They Mean?"  
Speaker: Mara Schwartz 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  
*Free support classes do not replace formal diabetes education appointments.*

### WOMEN'S HEALTH

#### Establishing a Successful Breastfeeding Relationship

Tuesday, February 5, 7-8 p.m. or  
Monday, February 11, 1-2 p.m.  
Location: 2 Tower Women's Center Library  
Registration: (864) 725-5748



### Childbirth 101: What to Expect During Labor

Tuesday, February 19, 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



### Better Breathers Club

Join us for the Better Breathers Club, a group designed to offer education opportunities and support to those with COPD, as well as their families and friends.  
Tuesday, February 12,  
11:30 a.m.-1 p.m.  
Optimum Life Center, Classroom A  
115 Academy Avenue  
Refreshments will be provided  
Please RSVP to 864-725-2673



## Partnering for Wellness ...

Come by the Greenwood YMCA and check out what's new as we build this strong partnership!

### Community Wellness February schedule

February 4	Cholesterol Screenings	Optimum Life Center	7:30-10 a.m.*
February 25	Health Screenings	3 Pecan Park; Edgefield, S.C.	8:30 a.m.-Noon*

\*Indicates that the event is open to public

### Mobile Mammography Screening dates and locations

Screenings by appointment only. To schedule your screening please call (864) 725-7150.

Edgefield County Hospital, 300 Ridge Medical Plaza, Edgefield, S.C. 29824	February 4, 11, 18 and 25
FHC South Saluda, 102 R.L. Sawyer MD Drive, Saluda, S.C. 29138	February 19
FHC Ware Shoals, 157 S Greenwood Ave # B, Ware Shoals, S.C. 29692	February 12
Savannah Lakes Medical Center, 207 Holiday Road, McCormick, S.C. 29835	February 14
SMC Laurens, 22580 Hwy 76 E, Laurens, S.C. 29360	February 21



## 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 February schedule

February 2	Health Education	Run Your Ice Off 5K; Uptown Greenwood, S.C.	7 a.m.-Noon*
February 3	Health Screenings	Beulah Baptist Church; Greenwood, S.C.	8-10 a.m.*
February 6	Health Screenings	Fukoku	12-5 p.m.
February 9	Health Screenings	Springfield Baptist Church; Edgefield, S.C.	8:30-11:30 a.m.*
February 13	Health Screenings	Fukoku	7 a.m.-12 p.m.
February 20	Health Screenings	Fukoku	12-5 p.m.
February 27	Health Screenings	Fukoku	7 a.m.-12 p.m.
February 28	Health Education and Screenings	Business After Hours at the Greenwood YMCA- Celebrating the YMCA and Self Regional Healthcare Partnership	5-8 p.m.*

\*Indicates that the event is open to public