

Your Community...Your Self

SELF REGIONAL
HEALTHCARE

June 2019 Events



HEART & VASCULAR HEALTH

Self Directions Stroke Support

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

Tuesday, June 11

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, June 18

5:30-6:30 p.m.

Learning Center, (864) 725-5977

Self Survivors

Support group for all cancer survivors

Tuesday, June 4

5:30-6:30 p.m.

Cancer Center Learning Center

Open to all Cancer Patients and Caregivers.

(864) 725-7127

Multiple Myeloma Support Group

Thursday, June 6

5:00 p.m.

Self Regional Healthcare Cancer Center

Learning Center

1325 Spring Street

For information call Amanda Kelley (864) 725-7125

DIABETES SUPPORT CLASSES

Sit and Be Fit Exercise Classes

Thursday, June 6

Thursday, June 20

3 p.m.

Optimum Life Center, Classroom A

115 Academy Ave, Greenwood

(864) 725-5753



Free Community Diabetes Classes

Thursday, June 13

10 a.m.

Optimum Life Center, Classroom A

115 Academy Ave, Greenwood, (864) 725-5753

"What Does My A1C Mean?"

Speaker: Karen Martin 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, June 4

7 - 8 p.m. or

Monday, June 10

1 - 2 p.m.

Location: 2 Tower Women's Center Library

Registration: (864) 725-5748

Childbirth 101:

What to Expect During Labor

Tuesday, June 18

6-8 p.m.

This short, 2-hour class provides expectant mothers with information on the birthing process. Topics include: signs of labor, normal progress of labor and birth and coping techniques for pain during labor.

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, June 11

11:30 a.m.-1 p.m.

Tower Pointe Community Room

105 Vinecrest Ct.

Refreshments will be provided

Please RSVP to 864-725-2673

Community Wellness June schedule

June 3	Screenings and Health Information	OLC Cardiac Rehab	7-10 a.m.*
June 3	Blood borne Pathogen Training	CPW	10:30-11:30 a.m.
June 6	Health Meeting	Live Healthy SC Meeting, Saluda, SC	9:30-11:30 a.m.
June 12	Blood borne Pathogen Training	City of Greenwood	8-8:30 a.m.

**Indicates that the event is open to public*

Mobile Mammography screening schedule

Screenings by appointment only.

To schedule your screening please

call (864) 725-7150.



June 3, 12, 17, 24	FHC Edgefield-To Register Call 864-725-5000	9 a.m.- 3 p.m.*
June 11, 2019	FHC Ware Shoals-To Register Call 864-725-5000	9 a.m.- 3 p.m.*
June 13, 2019	Cancer Center Ladies Night To Register: Call Julie McDade at (864) 725-5311	5:30 - 7:30 p.m.*
June 14, 2019	FHC Savannah Lakes-To Register Call 864-725-5000	9 a.m.- 3 p.m.*
June 18, 2019	FHC Saluda-To Register Call 864-725-5000	9 a.m.- 3 p.m.*
June 19, 2019	Velux-Employee Screenings	
June 20, 2019	Richloom-Employee Screenings	
June 21, 2019	FHC Laurens-To Register Call 864-725-5000	9 a.m.- 3 p.m.*
June 27, 2019	Greater Greenwood United Ministry/BCN To Register Call 864-942-0500	8:30 a.m. - 4:15 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 June schedule

June 1	SC Blueway Festival/ Health Education	Baker Creek State Park	10 a.m.-8 p.m.*
June 5	Health Screenings and Education	Fukoku	7 a.m.-Noon
June 12	Health Screenings and Education	Fukoku	Noon-5 p.m.
June 17	Health Screenings and Education	Women in Unity, Edgefield, SC	8 a.m.-Noon*
June 19	Health Screenings and Education	Fukoku	7 a.m.-Noon
June 22	Health Screenings and Education/ Health Fair	Magnolia Park, Greenwood, SC	9-11 a.m.*
June 26	Health Screenings and Education	Fukoku	Noon-5 p.m.

**Indicates that the event is open to public*