

www.cmc-mercy.org



CMC-Mercy Seminar Series

You are invited to attend our free wellness seminars in the CMC-Mercy auditorium, located at 2001 Vail Ave. A light dinner will be served at 6 p.m. Lectures begin at 6:30 p.m. To register for these events, please call **704-512-3820**.

Thursday, November 5 – *The Flu and You*

Larry Raymond, MD, from CMC-Elizabeth Family Medicine discusses what the Centers for Disease Control & Prevention predict for the upcoming flu season. The first 10 people to register will receive a FREE flu shot (*CHS employees are not eligible*). Additional flu shots will be available for \$25.

Thursday, December 10 – *Healthy Holiday Eating*

Optimal nutrition is one of the cornerstones of good health. Join YMCA dietitian Alicia Fogarty, MS, RD, LDN for a discussion on how to eat healthy during the holiday season. Learn tips for snacking smart at holiday parties and how to create a healthy yet appetizing holiday menu.



Carolinas Medical Center
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Uncompromising Excellence. Commitment to Care.