

www.cmc-mercy.org/events



CMC-Mercy Seminar Series

You are invited to attend our free wellness seminars in the CMC-Mercy auditorium, located at 2001 Vail Ave. Complimentary meals will be provided. To register for these events, please call **704-512-3820**.

6 – 7:30 p.m., Tuesday, June 8 – *Women and Heart Disease*

Mary Hall, MD, FAAFP, Chair of the Department of Family Medicine and Clinical Professor at the University of North Carolina discusses risk factors for a woman's heart with a focus on nutrition, exercise, stress and behavior change.

6 – 7:30 p.m., Tuesday, July 13 – *Diabetes*

Get to know diabetes on a personal level and how it affects all aspects of your life. CMC diabetic educator Carla Jackson, RN, discusses the effects of diabetes mentally, physically and financially.

Noon – 1:30 p.m., Friday, July 16 – *Healthy Families*

Johnston YMCA nurse Kim Sbardella and Johnston YMCA personal trainer Darius Foster discuss how to make time to play each and every day.

CMC-Mercy also offers a walking group, yoga classes for seniors, mindfulness-based stress reduction courses and wellness assessments. **Visit www.cmc-mercy.org/events for details.**



Carolinas Medical Center
Mercy

Uncompromising Excellence. Commitment to Care.