

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, Aug. 10 – *Heart Rhythm Abnormalities*

Samuel H. Zimmern, MD, FACC, from Sanger Heart & Vascular Institute discusses heart rhythm abnormality, atrial fibrillation, and how it can be treated.

Noon – 1:30 p.m., Friday, Aug. 13 – *Treating Pain with Acupuncture*

Wenhui Li, LAc, from SouthPark Acupuncture discusses how acupuncture can treat a variety of pain issues including joint pain, back pain and headaches.

6 – 7:30 p.m., Tuesday, Sept. 14 – *Stress is Inevitable*

Longstanding un-neutralized stress is a major contributor to ill health, especially heart disease and obesity. Join Dael Waxman, MD, from the Department of Family Medicine to learn how stress affects the body and techniques for neutralizing it.

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
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Uncompromising Excellence. Commitment to Care.