

[www.cmc-mercy.org/events](http://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, Sept. 14 – *Stress is Inevitable***

Join Dael Waxman, MD, from the Department of Family Medicine to learn how stress affects the body and techniques for neutralizing it.

**6 – 7:30 p.m., Tuesday, Oct. 12– *Healthy Grocery Shopping and Meal Planning***

Megan Dean, MPH, RD, LDN, Mecklenburg County Health Department program coordinator at Fit City for Fit Families, discusses how to plan healthy menus and shop smart at grocery stores

**Noon – 1:30 p.m., Friday, Oct. 15 – *Running and Walking Safety***

Learn the proper techniques for running and walking effectively.

CMC-Mercy also offers yoga classes for seniors, massage therapy and wellness assessments.  
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Carolinas Medical Center  
Mercy

*Uncompromising Excellence. Commitment to Care.*