

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, 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.

6 – 7:30 p.m., Tuesday, Nov. 9 – *Healthy Holiday Eating*

Join YMCA dietitian Alicia Fogarty, MS, RD, LDN, for a discussion on eating healthy during the holiday season. Learn tips for snacking smart at holiday parties and how to create healthy holiday menus.

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.