

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, Nov. 9 – *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.

6 – 7:30 p.m., Tuesday, Dec. 14 – *Code STEMI*

F. Scott Valeri, MD, FACC, from Sanger Heart & Vascular Institute discusses ST segment elevation myocardial infarction (STEMI), a type of heart attack.

CMC-Mercy also offers Zumba fitness classes, massage therapy and wellness assessments.
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Carolinas Medical Center
Mercy

Uncompromising Excellence. Commitment to Care.