

CMC-Mercy Seminar Series



You are invited to attend our free wellness seminars at 2001 Vail Ave. Complimentary meals will be provided. To register, call **704-512-3820**. CMC-Mercy also offers Zumba fitness classes, massage therapy and wellness assessments. Visit www.cmc-mercy.org/events for details.

6 – 7:30 p.m., Tuesday, Feb. 15 *Peripheral Artery Disease (PAD)*

Mercy Medical Plaza Third Floor Conference Room (at the corner of Vail Avenue and Caswell Road) Glen Fandetti, MD, cardiologist with Sanger Heart & Vascular Institute discusses PAD, the warning signs, who should be screened and treatment options.

6 – 7:30 p.m., Tuesday, March 1 *Stop the Aging Process* CMC-Mercy Auditorium

Thirty percent of aging is genetic while 70 percent is attributed to lifestyle. Renee Gilmore, MD, discusses how to change your life by changing your body mass index, food choices and more.



Carolinas Medical Center
Mercy

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www.cmc-mercy.org

Join Active Women at www.carolinasmedicalcenter.org/active to receive free 24/7 nurse access and discounts to restaurants and stores.