

# 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, call **704-512-3820**. CMC-Mercy also offers Zumba fitness classes, wellness assessments, massage therapy, tai chi and yoga for seniors and beginners. Visit [www.cmc-mercy.org/events](http://www.cmc-mercy.org/events) for details.

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

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

**6 – 7:30 p.m., Tuesday, April 5 – *Lowering Stress for a Healthier Life***

Psychotherapist and hypnotherapist Barbara Birge, PhD, LPC, describes how our bodies and minds can benefit from lowered stress. Learn simple techniques for knowing what triggers stress, how to prevent it and how to manage stress with self-hypnosis.

**Noon – 1:30 p.m., Wednesday, April 13 – *Function Follows Fitness***

As inactive people grow older they lose strength, mobility and balance, and it becomes tougher to accomplish daily living activities. ACE certified personal trainer Jen Frank discusses the benefits of functional fitness programs for older adults and tips for improving the ability to complete daily living tasks.



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