

# 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, 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.

**6 – 7:30 p.m., Tuesday, May 3 – Successful Aging**

Sindy McCrystle, ANP-C, MSN, director of CMC-Mercy's Senior Services, discusses successful aging, what is normal and what is not.

**9:30 – 10:45 a.m., Friday, May 13 – Grocery Store Tour**

Learn how to shop smart with a tour of Trader Joe's Midtown, located at 1133 Metropolitan Ave. Limited to eight participants.



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