

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 for details.

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 a.m. – 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.

6 – 7:30 p.m., Tuesday, June 7 – *Healthy at Any Age* Judi Tassone, MD, from Carolinas Back and Sports Specialists and Carolinas Rehabilitation discusses how to prevent functional aging of the mind, body and spirit.

Noon – 1:30 p.m., Wednesday, June 8 – *Staying Fit* Join Harris YMCA's wellness experience director Kate Wheeler and certified personal trainer and group exercise instructor Sharon Bailey as they teach new and exciting ways to exercise at home. They'll focus on strength, balance, range of motion and flexibility and discuss the benefits of each. Wear comfortable clothing.

Noon – 1:30 p.m., Wednesday, June 29 – *Fun Ideas for Senior Fitness* Remaining active and social helps keep the mind sharp and the body in shape. Join certified personal trainer Marcia Patience as she presents fun fitness ideas to improve daily living activities.



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