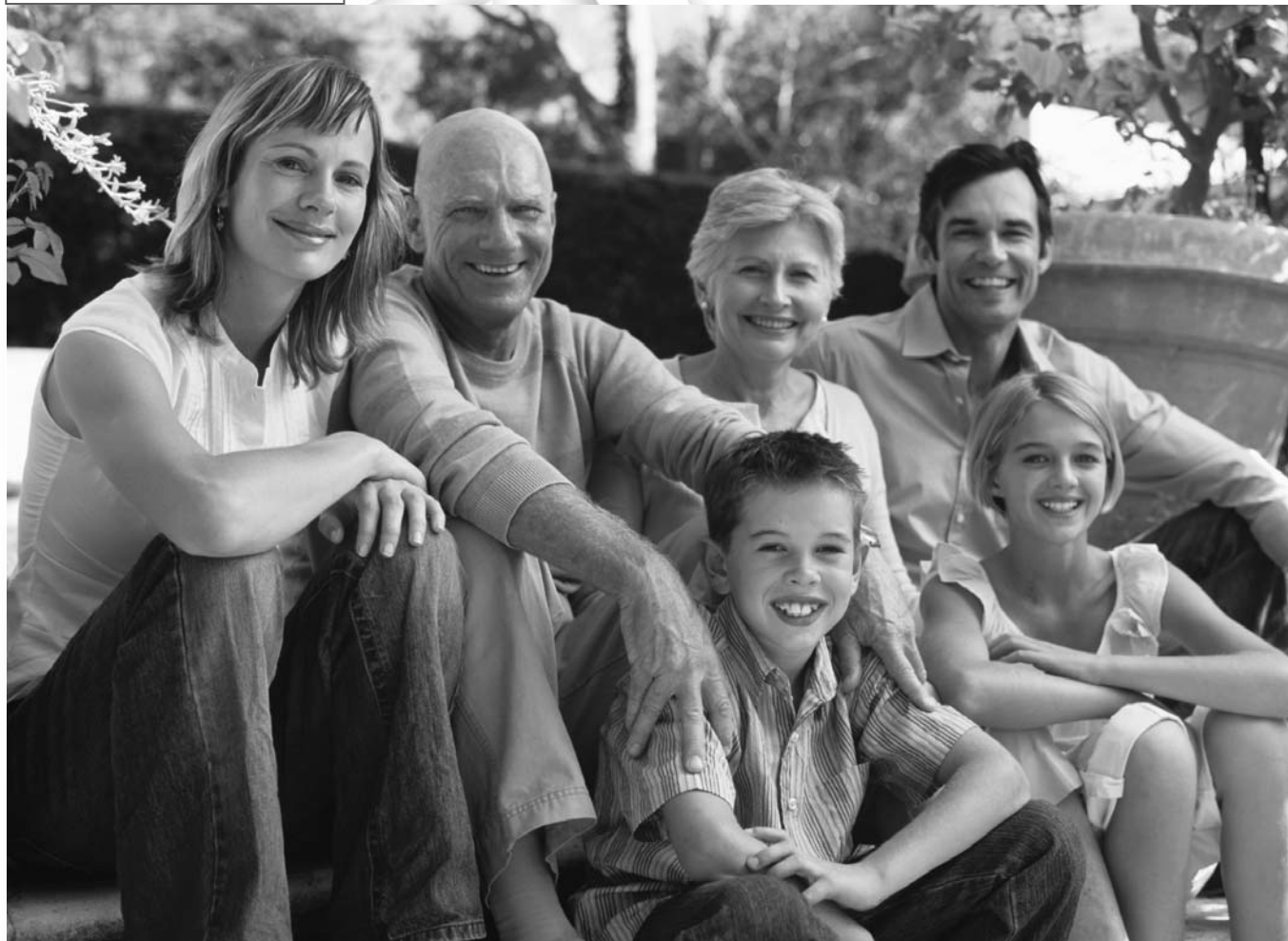


[www.cmc-mercy.org](http://www.cmc-mercy.org)



## CMC-Mercy Seminar Series

You are invited to attend our free wellness seminars in the CMC-Mercy auditorium, located at 2001 Vail Ave. A light dinner will be served at 6 p.m. Lectures begin at 6:30 p.m. To register for these events, please call **704-512-3820**.

**Tuesday, March 9 – *Vitamins and Supplements***

CMC pharmacist Kim DeRhodes, RPh, discusses the truth about vitamins and supplements and how to determine which ones are right for you.

**Tuesday, March 30 – *Women and Sleep Disorders***

Urvi Desai, MD, from Carolinas Sleep Services discusses common disorders such as sleep apnea and insomnia. Learn what treatments are available to help you get a better night's sleep.

**Tuesday, April 13 – *Memory Loss and Aging***

Darlyne Menscer, MD, from the Department of Family Medicine discusses what every adult over 55 needs to know about memory loss. Learn about prevention and how to recognize memory loss in relatives.

**Tuesday, May 11 – *Wound Care and Hyperbaric Management***

Rick Zollinger, MD, FACS, from Carolinas Wound Care Center discusses the basics of good wound care, who would be a good candidate and the benefits of hyperbaric management.



Carolinas Medical Center  
Mercy

*Uncompromising Excellence. Commitment to Care.*