

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, Dec 14 *Code STEMI* CMC-Mercy Auditorium

F. Scott Valeri, MD, FACC, from Sanger Heart & Vascular Institute discusses ST segment elevation myocardial infarction (STEMI), a type of heart attack.

6 – 7:30 p.m., Tuesday, Jan. 11 *Mindfulness-Based Stress Reduction*

Mercy Medical Plaza Third Floor Conference Room (at the corner of Vail Avenue and Caswell Road) Lindsay Bridges, MD, discusses effective strategies for facing life's difficulties and creating inner peace.



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.