

Prisma Health Life Center

September 2019—Life Center Programs!

September is Yoga month! Special classes meet Saturday at 8:30 a.m.

- Sept. 14: Yoga Props. Explore ways to use various props such as blocks, straps and bolsters to enhance your yoga practice.
- Sept. 21: Yoga for Mindfulness. Enjoy the calming and stress-relieving benefits of yoga in this meditative movement session.
- Sept. 28: Yoga for Strength. Experience creative and challenging ways to build muscle strength and endurance through yoga. Free for members; \$10/public.

Individual and Group Swim Lessons on Mondays & Wednesdays—Sept. 9-25 or Sept. 30-Oct. 16, 5-5:30 p.m.(3-5 yrs.); 5:30-6 p.m. (6 yrs. & up). Fee: \$50 member; \$80 public. To register, call 455-4231 or for more information contact Bailey Kendrick, 455-4035.

Self-defense Techniques Class—Sat., Sept. 14, 9-11:30 a.m., Classroom 1 and Wellness Suite - Join the GHA Police Dept. for this FREE assault awareness and prevention program consisting of 1 hr. classroom instruction and 1.5 hours of practice learning self-defense maneuvers. Techniques include choke and wrist release, clothing grasp release, ground defense along with any individual concerns or questions. **Space is limited to 15.** Pre-register at 455-4231. Open to the public.

Heart Smart Nutrients, Mon., Sept. 16, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2. Learn how specific foods, nutrients, and supplements may support a healthy body. Open to the public. No need to register.

Blood Connection Blood Drive, Mon., Sept. 16, 4:15-7:15 p.m. or Fri., Sept. 20, Noon-1 p.m., Life Center outdoor circle drive.

Prediabetes, Thurs., Sept. 19, Noon-1 p.m., Classroom 2. Learn basic information about what being prediabetes means for your body. Receive tips and ideas for simple meal and lifestyle changes to help manage prediabetes. This class is presented by a registered nurse, registered dietitian or a certified diabetes educator. Open to the public. No need to register.

Salt Sense, Mon., Sept. 23, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 2. It's about more than just the salt shaker! Learn how to identify highly processed foods that are high in sodium. Open to the public. No need to register.

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September 2019—Life Center Programs cont...

Master Gardener Series: The Fall Gardener-Putting Your Garden to Rest, Mon., Sept. 23, 6-7:30 p.m., Classroom 1. Join Master Gardener Suzy Seagrave in putting your garden beds to bed! This FREE class includes the following:

- Review of the 6 major issues that affect flower and vegetable growth through the fall and winter Soil building, compost production and preparation of gardens for next year's efforts.
- Monthly (Sept., Oct., Nov., Dec.) review for both flower and vegetable gardens; what they are doing and what you should be doing for them.
- How success next year is the result of the work you do in your gardens through the fall and winter.
- Strategies and timing of tasks to get the most work done as days shorten.
- Review of timing and techniques of plant propagation.
- Retiring your flower garden while invigorating your vegetable garden so it will produce through the winter.
- Resources to explore and sharpening your most important tool - your mind - through the winter months of inclement weather.

Preregister by Friday, Sept. 20 by calling 864-455-4231. Open to the public.

Centered Mindfulness I—Tues., Sept. 24, 11:30-Noon, Wellness Suite. Ease your day of tension with a 30-minute centered mindfulness session. Experience relaxation using breath work, progressive muscle relaxation and visual imagery.

Centered Mindfulness II, Noon-12:30 p.m. Practice your own visual imagery and sensory relaxation journey with this instructor led session. This session allows you to practice centered mindfulness in your everyday life. You are also welcome to join the 11:30 a.m. Centered Mindfulness session and stay the full hour! These programs are free, but you must pre-register by calling 455-4231. Open to the public.

Exercise Rx, Wed., Sept. 25, 8:30 a.m. and 12:30 p.m., Classroom 2. Discuss the components of exercise. Learn what makes up a safe exercise program. Open to the public. No need to register.

Metabolic Management, Mon., Sept. 30, 8:30 a.m., 9:30 a.m. or 12:30 p.m., Classroom 1. Discuss the risk factors for metabolic syndrome and steps that you can take to prevent or manage issues related to lipids, blood sugar and weight. Open to the public. No need to register.

Location: Prisma Health Life Center, 875 W. Faris Rd., Greenville