

Wellness Community Events

February 2012

Heart Attack Warning Signs

The onset of a heart attack may present mild symptoms or no symptoms at all. Often people delay getting help because they are unsure of the warning signs. Attend this class to learn more about heart attacks so you can live a longer healthier life.

Thursday, February 9th

11:00 am – Noon

Dr. Hiren Shah, MD, Cardiologist

Health Matters of St. Francis

To register, visit www.wecareforlife.com or call 706-596-4070

Just A Little Sugar: What are your blood sugar levels telling you?

You may have a condition called pre-diabetes and not even know it. Don't put yourself at risk for serious health complications by not knowing what your blood sugar levels mean. Join us for a morning of priceless information on how to prevent the onset of Type 2 diabetes. A blood sugar screening will be conducted prior to the seminar; it requires fasting for at least 10 hours in advance. A high carbohydrate breakfast will be served; blood sugar levels will be re-checked after class.

Tuesday, February 14th

8:00 am – 10:30 am

Health Matters of St. Francis

Cost: \$15

To register, visit www.wecareforlife.com or call 706-596-4070

The Heart Truth for Women Luncheon: Featuring Tosca Reno, author of the "Eat Clean Diet" book

Heart disease is the number one killer of women. The good news is that in most cases it's preventable. Join us for The Heart Truth for Women Luncheon featuring nationally known speaker Tosca Reno. The event promises education, humor and fellowship. Wear red, bring your friends and join us!

Tuesday, February 14th

11:30 am - 1:00 pm

St. Luke Ministry Center

Fee: \$25

To register, visit www.wecareforlife.com or call 706-596-4070

Day of Dance

Take a stand against heart disease and get your family dancing its way to health with this innovative and motivational event that will have you movin' and groovin' doing the hula, line dances and Zumba. Participants can also take part in a variety of health screenings and risk assessments. The cost is free and registration is not required.

Saturday, February 25th

10:00 am – 1:00 pm

Peachtree Mall

For information, call 706-320-8625 or log on to www.yourhealthhourmission.com

National Pancake Day

Pass the syrup and pour it on your favorite flavor of pancakes in this annual tradition that benefits the Children's Miracle Network at the Medical Center. Simply show up at your favorite area IHOP restaurant and your donation takes the place of your regular meal check.

Tuesday, February 28

All Day

Columbus and Phenix City IHOPs

For more information, visit www.yourhealthhourmission.com