

SRMC Community Wellness

February and March 2012 Wellness Opportunities

All events will be held at *The Center for Health + Wellness* unless otherwise stated.

Women's Health Series Let's Do Lunch with Dr Roberts

Feb 2 - Pap Smears: When to Start & When to Stop

Feb 16 - HPV & The Vaccine: Why to get it

Mar 1 - Menstrual Disorders in Teenage Girls

Mar 15 - Menopause & It's Impact

Mar 29 - Treatment for post-menopausal symptoms

Zeng's Palace, 12 noon - 1 pm \$5 cash only for family style lunch.
For registration, please call 596-5422.

Tai Chi Saturday

Intro to Tai Chi

10 am, February 11th & 25th

Tai Chi Session

March 13—April 26

Tuesday and Thursday, 11:15—12 noon

Tai Chi is sponsored by the Sampson Co. Dept of Aging.
For registration, please call 592-4653.

Freedom from Smoking

Session starts Mar 13 Tuesday, 6—8 pm

Learn how to overcome your tobacco addiction
in a small group and a fun, interactive learning environment.

Call Frank Bray at CAPRI, 592-3278

For schedule, information and registration.

Sampson County Super Sprint

Triathlon—YOU CAN DO THIS!

Saturday, March 10 at 9 am

250 yard Swim or Water Walk (5 laps)

7 mile Bike

2 mile Walk or Run

Go to fsseries.com to register!

Proceeds benefit NCCE—Sampson Center & Clinton Parks and Recreation

RADIO REPORT!

February 1, 15, 29

March 14, 28

Tune in to WCLN 1170 every other Wednesday at 9:30 am.
Hear from local experts about a variety of healthcare topics.

Diabetes Bus Initiative

Learn how to live WELL with Diabetes!

Monday, 4:30—6:30 pm

Jan 30, Feb 6, Feb 13

Ask your health provider to send us a referral, FREE!

Visit www.thediabetesbus.org

Or call toll-free 877-781-6664 for more information.

SRMC Outpatient Education

Wednesdays, 9 am, Call 596-5400 to register.

Heart Healthy Living—Feb 8 and Mar 14

Weight Loss—Feb 22

Controlling Diabetes—March 21

Sugar Buddies—Diabetes Support Group

Feb 7, 6:30 pm—Heart Smart

SRMC Nurse Educators

Mar 6, 6:30 pm—Diabetic Foot Care

SRMC Physical Therapists

Breast Cancer Support Group

Feb 20 and Mar 19, 6:30 pm

Contact Wanda Boyette at 592-7771 for more information.

Sleep Apnea Support Group

Mar 27, 6 pm

Contact Sam Thornton at 592-8511, ext 8721.

Ongoing For Non-members at
The Center for Health +Wellness:

Walk-N-Talk

Mon -Fri, 12 noon - 1 pm

Come walk around the Wellness Center track!

Line-Dancing

Mondays, 7:30 - 8:30 pm

Class is free but donations are accepted for SRMC Foundation.

 **SAMPSON**
REGIONAL MEDICAL CENTER