

CLASSES, SEMINARS AND ACTIVITIES

All programs are held at HealthFinders at Coastal Grand Mall unless indicated. Call 692-4444 for physician referral and registration/information on classes/screenings.

Tai Chi for Arthritis - Free Class

Monday, March 8, 10-11 am.

Tai Chi is a gentle exercise that uses the entire body providing benefits such as reduced pain, stiffness, fatigue, flexibility and balance.

AARP Driver Safety Course

Wednesday and Thursday, March 10 and 11 or March 24 and 25, 10 am - 2 pm.

For individuals 50+; most insurance companies offer a discount following completion. Fee: \$14 (\$12 for AARP members). Registration is required, 692-4444.

BLS for Healthcare Providers CPR Class

Wednesday, March 10, 2-5:30 pm.

Learn CPR, how to use an AED and how to relieve a foreign-body airway obstruction. This course follows the American Heart Association guidelines. Pre-registration required, 692-4444. \$50 includes book and BLS HCP certification.

Know Your Numbers Seminar

Wednesday, March 17, 2-3 pm.

Laura Ware, RN, director of Cardiovascular Services at Grand Strand Regional, will speak on the importance of understanding your blood pressure and cholesterol numbers and how they relate to your risk for heart disease.

Counting Carbs Seminar (YMCA)

Wednesday, March 17, 2:30-3:30 pm.

Grand Strand Regional Medical Center registered dietician Mary Ellen Scarborough will discuss understanding what a carbohydrate is and the role it plays in healthy nutrition.

Understanding Gallbladder Disease Seminar

Thursday, March 18, 6-7 pm.

General surgeon Steven Matzinger, MD, PhD, will discuss causes, symptoms, diagnosis, and treatment of gall bladder disease.

Diabetes Risk Screening

Tuesday, March 23, 10:30 am - Noon.

March 23rd is "Diabetes Alert Day". Stop by HealthFinders to pick up information to determine your risk for diabetes.

Diabetes Prevention Seminar

Tuesday, March 23, 1-2 pm.

Grand Strand Regional registered dietitian Mary Ellen Scarborough will discuss healthy eating to decrease the risk of diabetes.

Rheumatoid Arthritis Workshop

Tuesday, March 23, 6-8 pm.

Physician assistant Nancy Eisenberger will speak on managing rheumatoid arthritis. Free workshop materials will be provided.

Hand Pain Seminar

Wednesday, March 24, 6-7 pm

Orthopedic surgeon David G. Everman, MD, will discuss hand pain and new treatments.

Heartsaver Adult, Child and Infant CPR Class

Thursday, March 25 or Tuesday, March 30, 2:30-5 pm.

Learn CPR for an adult, child and infant and how to relieve a foreign-body obstruction in an

airway. Pre-registration is required, 692-4444. Cost: \$35 includes book and certification.

Degenerative Disc Disease Seminar

Wednesday, March 31, 6-7 pm.

Neurosurgeon Thomas Anderson, MD, will discuss degenerative disc disease and procedures used for treatment.

EXPECTANT FAMILIES

Registration required for classes, 692-4444 or grandstrandmed.com

Prepared Childbirth

March 6, 9 am-3 pm, March 8, 15, 22 at 7-9 pm; hospital classroom. Fee: \$50/couple.

Infant Care

March 13, 10:30 am-12:30 pm, HealthFinders. Free.

Breastfeeding

March 13, 1:30-3:30 pm, HealthFinders. Free.

FITNESS AND WELLNESS

Ask the Pharmacist

Fridays, 2-4 pm at HealthFinders.

Tuesday, March 9, 10 am- noon, at the new YMCA. Bring your medications for review with a Grand Strand Regional pharmacist.

SCREENINGS

Health Screenings

Walk-in cholesterol, A1C, blood pressure and weight screenings are available at HealthFinders.

Monday - Saturday, 10 am - 7 pm. Finger-stick cholesterol screenings are \$7. Lipid profiles are \$20 and require a 12-hour fast. A1C testing, \$20. No charge for blood pressure and weight screenings.

Cholesterol (Fee: \$7)

Finger stick method, measures total cholesterol only, no fasting required.

March 3, Grand Strand Senior Center, 10 am-12 noon.

March 4, Grand Strand Regional Medical Center main lobby, 10 am-12 noon.

YMCA Screenings (New!):

Total cholesterol (\$7), lipid panel (\$20) and blood pressure screenings (free):

Mondays, March 1, 8, 15, 22 and 29
from 8:30 - 9:30 am

Thursdays, March 4, 11, 18 and 25
from 12:30 - 1:30 pm

SUPPORT GROUPS

Call 692-4444 or log on to www.grandstrandmed.com for a list.

H2U ACTIVITIES

Thursday, March 11, Chapter Meeting, Trinity Episcopal Church 10:00 am. Program Mitchell Massie, MD, "Ideas for General Health."

Tuesday, March 23, Day trip to Southport, NC and Ft. Fisher. Ferry ride and lunch included. Reservations, call 692-1645.

Grand Strand Regional Medical Center

grandstrandmed.com

**For ER wait times for
Grand Strand Regional and
South Strand Ambulatory Care Center,
visit grandstrandmed.com
or text "ER" to 23000.**