

Pardee August Events

Health Education Center Hours of Operation: Mon. – Wed. & Fri.: 10 a.m. – 5 p.m. Thu.: 10 a.m. – 8 p.m. Sat.: 10 a.m. – 1 p.m. Closed on Sunday

All classes and programs are held at the Pardee Health Education Center located in the Blue Ridge Mall unless otherwise noted.

■ Held at Health Education Center

■ Held at Pardee Hospital

■ Held at Pardee Pavilion

Special Programs

Look Good, Feel Better – Free

A workshop dedicated to helping female cancer patients cope with the appearance-related side effects of chemotherapy and radiation treatment. Free gift of full size cosmetics is given.

Mon., Aug. 2, 10 a.m. – 12 p.m. Registration required.

CPR Made Simple - \$10

The American Red Cross offers a new non-certification class that allows participants to learn the very basics of CPR in one hour.

Tue., Aug. 3, 12:30 – 1:30 p.m. Call (828) 693-5605 to register.

Balance and Fall Prevention – Free

Chloe Roderick, a Pardee licensed physical therapist, will discuss how to maintain balance and prevent falls.

Thu., Aug. 5, 3 – 4:30 p.m. Registration required.

A Holistic Approach To Get Ready, Get Serious, Get Pregnant – Free

Join Barbara Davenport, certified nurse-midwife and Alyssa Johnson, certified acupuncturist, for a lively discussion that will explore female fertility, nutrition, supplements, exercise, journaling and the use of complimentary therapies.

Thu., Aug. 5, 6 – 7:30 p.m. Registration required.

American Red Cross Blood Drive

Fri., Aug. 6, 8:30 a.m. – 1 p.m.

Appointments requested by calling (828) 692-4600.

Henderson County Mayor's Advocacy Council For People With Disabilities

This month, Bridget Barron, director of Pardee Hospital's psychiatric services, will discuss the admission procedure of the psychiatric unit. Welcome new members who are concerned and willing to attend a monthly meeting.

Tue., Aug. 10, 8:30 a.m. No registration required.

Suffering From Shoulder Pain? – Free

Jason Morgan, a Pardee licensed physical therapist, will discuss the causes of shoulder pain and the range of treatments available.

Thu., Aug. 12, 3 – 4:30 p.m. Registration required.

Cooking Demo – What To Do With All This Summer Fruit? - \$5

There's more to make than pies and cobblers. Come learn techniques for savory uses of fruit and healthy recipes. Tanner Geis, South Central gold medalist and national bronze medalist for Young Chef Rotisseur will offer this cooking demonstration.

Fri., Aug. 13, 1-2:30 p.m.

Registration required and space is limited.

Creating Your Personal Health Record – Free

Jean Sitton, R.N., case manager with Pardee, will explain the importance of a personal health record, how to create one, and offer optional workbooks for sale.

Fri., Aug. 20, 1:30 – 3 p.m. Registration required.

NAMI Family To Family – Free

Series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being.

Mon., Sept. 13, 5:30 – 8 p.m.

Registration required by calling (828) 685-8620 or (828) 696-4896.

Call toll free 1-866-790-WELL (9355) for more information or to register.

Health Screenings

Blood Pressure Checks – Free

Mon. & Thu., 8:30 – 9:30 a.m.; Wed. & Fri., 2 – 3 p.m.; Sat., 10 – 11 a.m. Appointment not required.

Vision Screening – Free

Does not screen for cataracts or glaucoma. Bring prescription eyeglasses.

Tue., Aug. 10, 9 – 11 a.m. Appointment required.

Glucose Screening – \$4

Thu., Aug. 12, 8 – 10 a.m. Fasting and appointment required.

Cholesterol Screening – \$20

Wed., Aug. 11 & 25, 8 – 11 a.m. and Sat., Aug. 28, 9 – 11 a.m. Fasting and appointment required.

A1C Screening – \$20

Designed for those with diabetes. Measures estimated average glucose for three months. Fasting is not necessary and results are available immediately.

Fri., Aug. 20, 9 – 10 a.m. Appointment required.

Hearing Screening – Free

Tue., Aug. 17, 9 – 11 a.m. Appointment required.

Counseling & Guidance

Health Insurance Guidance – Free

North Carolina Senior Health Insurance Information Program (NC-SHIIP) counselors help retirees with Medicare supplement options, health insurance and long term care policies, and provide assistance with filing claims.

Tue., Aug. 10 & 24, 1 – 3 p.m. Appointment required by calling (828) 692-4600.

Childbirth & Parenting

Classes meet at **Pardee Hospital in the Orientation Classroom (ground floor) unless otherwise indicated. Please register by calling 1-866-790-WELL.**

Childbirth Class – \$40 or Free with Medicaid

A two-session class for expectant parents covering the labor and delivery process, relaxation, breathing patterns, birth options, positioning and comfort measures. A tour of the Pardee Women & Children's Center is included.

Thu., Aug. 5 & 12, 6:30 – 9 p.m. Registration required.

The Art Of Breast Feeding – Free

Breast feeding basics for new moms.

Thu., Aug. 19, 6:30 – 8 p.m. Registration required.

Daddy Duty – Free

Helpful ideas and tips for dads during the labor and birth process. This class meets in the Video Conference Room (ground floor) at Pardee Hospital.

Thu., Aug. 19, 6:30 – 8 p.m. Registration required.

Infant Care Class – Free

Infant care information from A to Z.

Thu., Aug. 26, 6:30 – 8:30 p.m. Registration required.

Health & Fitness

Low Impact Aerobics – \$5 per class

Mon., 10:30 – 11:30 a.m.; Tue., 9:30 – 10:30 a.m. & Fri., 10 – 11 a.m. Registration not required.

Flow & Let Go Yoga – \$10 per class

Relaxation yoga taught by a certified yoga instructor.

Mon., 5:30 – 7 p.m. Registration not required.

Nia: Neuromuscular Integrative Action – \$64 for series of 8 classes

Non-impact therapeutic aerobic movement

Tue. & Thu., 10:45 – 11:45 a.m. Registration not required.

Ageless Grace – \$64 for series of 8 classes

Fun exercise designed for every fitness level. Use your chair as a prop. First class is free.

Thu., 9:45 – 10:30 a.m. Registration not required.

Pardee Yoga – \$8 per class

Includes stretching, holding postures, breath control and meditation to tone muscle, improve balance, increase flexibility and improve circulation.

Thu., 5:30 – 6:30 p.m. Registration not required.

Support Groups

TOPS: Take Off Pounds Sensibly

Tue., 5 – 6:15 p.m.

Bipolar Support Group

Tue., Aug. 3 & 17, 7 – 8:30 p.m.

Diabetes Support Group

Nancy Zazen, a dietitian with Pardee's Perspectives Program, will present a nutrition class on Aug. 4. John Sams, from Heritage Diabetic Supply, will discuss the history of glucose meters on Aug. 18.

Wed., Aug. 4 & 18, 10 – 11:30 a.m.

AI-Anon Support Group

Wed., 11:30 a.m. – 12:30 p.m.

Vet Center Out Station

Please call 1-864-271-2711 before attending for the first time.

Wed., Aug. 4, 11, & 18, 12 – 1:30 p.m. and 6 – 7:30 p.m.

Fibromyalgia Support Group

Mon., Aug. 9, 2 – 3 p.m.

NAMI Adult Support Group

Thu., Aug. 12, 5 – 6:30 p.m.

Waldenstrom's Macroglobulinemia Support Group

Call Don Nolan at (828) 692-1114 for more information.

Sat., Aug. 14, 10 a.m. – 12:30 p.m.

Big & Loud Crowd Support Group

Designed for those who have completed the Lee Silverman training. For more information, contact Lucy Butler at (828) 698-6774.

Tue., Aug. 17, 4:15 – 5:15 p.m.

Myasthenia Gravis Support Group

Wed., Aug. 18, 1 – 3 p.m.

Nami Four Seasons Business Meeting And Educational Program

Sat., Aug. 21, 10 a.m. – 12:30 p.m.

Celiac Support Group

Laurie Steenwyk, a registered dietitian with Pardee, will present "Understanding the Gluten-free Diet."

Wed., Aug. 25, 3:30 – 5 p.m.

Pardee Pavilion Adult Day Health Caregiver Support Group

Meets at the Pardee Pavilion, located at 114 College Drive in Flat Rock (adjacent to Blue Ridge Community College). Call (828) 697-7070 for more information.

Tue., Aug. 31, 3 – 4 p.m.

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Remember to tune in to Pardee Hospital's radio programs:

HealthTalk, an informative program on activities at the Pardee Health Education Center and Pardee Hospital airs on WTZQ 1600 AM every Friday at 10:02 a.m.

Medical Monday, a live one-hour show with local physicians and other health professionals airs on WHKP 1450 AM every other Monday at 9 a.m.

Call toll free 1-866-790-WELL (9355) for more information or to register.