



September 2015 Free Screenings

Our Mission: To enhance the health of our community by providing quality resources and services that promote Awareness of health risks and encourage Actions that reduce risk behaviors in order to Prevent the damaging effects of chronic disease.

Thursday, September 3

Wesley of Murray Health Fair
440 Utterback Road, Murray KY
Wellness Works will be offering
Heel Scans for Osteoporosis screening
9:00AM-11:00AM

Wellness Works Events

Fueling up for Top Athletic Performance: *Free Nutrition Education, all are welcome to attend*

Food is fuel. If your body is fueled properly, it will be better equipped to help you meet your true athletic potential. Join us for a discussion on sports drinks, along with how to keep your body nourished pre- and post-workout.

Date: Friday, September 18
Time: 9:00 AM—9:30 AM
Location: Center for Health and Wellness

Coming in October & November

Wellness Center Blood Drive

Date: Wednesday, October 7
Time: 8:30 AM—5:00 PM
Location: MCCH Center for Health & Wellness

Give the gift of Life. The Center for Health and Wellness and The Murray Calloway County Hospital Blood Donor Center are having a blood drive. Take the time to stop by and give the gift of life.

AARP Safe Driving Class

Date: Wednesday, November 4
Time: 8:00 AM—12:30 PM
Location: MCCH Center for Health & Wellness
Presented by: Carol Rhodes

Kentucky insurances must offer a discount to those who complete this class.

PRE-REGISTRATION IS REQUIRED

Call 762-1348 to register or for more information regarding cost and age requirements.

Support Group Meetings

Dialysis Support Group

Date: Tuesday, September 8
Time: 4:00 PM—5:00 PM
Location: Center for Health & Wellness
For more information, contact Tasha Mitchell @ 270-759-3080

Bariatric Support Group

Date: Tuesday, September 8
Time: 5:30 PM—6:30 PM
Location: Center for Health & Wellness
For more info call Bariatric Solutions @ 270-762-1547

ALS Support Group

Date: Thursday, September 10
Time: 6:00 PM—7:00 PM
Location: MCCH Board Room
For more information, contact Mitzi Cathey at 270-293-1748

Look Good...Feel Better

This is a free, non-medical, brand-neutral national public service program to help women offset appearance-related changes from cancer treatments.

For more information, contact the American Cancer Society at 1-800-227-2345

Date: **Monday, September 14**
Time: 2:00 PM—4:00 PM
Location: Center for Health & Wellness

Alzheimer Support Group

Date: Thursday, September 17
Time: 10:00 AM—11:00 AM
Location: George Weaks Community Center: Kelleher Room
607 Poplar Street, Murray

This group is for the caregivers of those suffering from Alzheimer's disease.

For more information call 270-753-0929

National Alliance on Mental Illness

Date: Thursday, September 17
Time: 6:30 PM
Location: MCCH Education Building
(Corner of 8th and Elm)

The group is for family and friends of someone diagnosed with a mental illness such as bi-polar, major depression, schizophrenia, OCD, panic disorder, PTSD, borderline personality disorder.

For more information, call 270-748-6133

Breast Cancer Support Group

Date: Tuesday, September 22
Time: 6:30 PM—7:30 PM
Location: Center for Health & Wellness
For more information, call Evelyn @270-489-2642

Stroke and Head Injury Support

Date: Monday, September 28
Time: 5:30 PM—6:30 PM
Location: Center for Health & Wellness
For more information, contact Cheryl @ 270-293-9442

Need Help With Fitness and Nutrition? Let the Center for Health & Wellness Help, call (270) 762-1348 to...

- Ask about our all-inclusive membership package Our Personal FIT, 6-month membership plan includes personal training and nutritional consultation sessions, pre and post physical fitness assessments, in addition to all regular member benefits. **No joining fee and only \$80 per month**
- Or, find out more about affordable nutritional counseling and Medical Nutrition Therapy services. These services allow you to meet one-on-one with a registered dietitian to develop a personalized nutrition plan