



UPCOMING EVENTS

Free Diabetes Education Class

2nd Thursdays of each month
3pm-4:30pm
Call 898-1153 to Register

Community CPR

Friday, January 8 & February 12
9:00am-12:30pm
Acker Boardroom, Outpatient Services Building
Register: 864.898.1254

Call 898-1331 to register or to schedule for your company or business. For the following:

Heartsaver CPR/AED

Cost: \$45

Healthcare Provider CPR

Cost: \$50



Wednesday Wellness

Every Wednesday 7AM-10:00AM

No appointments necessary, but fasting is recommended for most accurate results. **Cannon Annex**, is across from Cannon at the corner of Pendleton Street and Monroe Street in Pickens.

**Please note—Wellness Wednesdays follows Pickens County School Inclement Weather Policy.*

Call 898-1331 for information.
Check, cash or credit card

February American Heart Month

First the bad news, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented by making healthy lifestyle choices and by managing one's health conditions.

What are some basic changes to lower your risk?

- * Maintain a healthy weight.
- * If you smoke, quit. Stay away from secondhand smoke. **Cannon offers quarterly smoking cessation classes.**
- * Control your cholesterol and blood pressure.
- * Only drink alcohol in moderation.
- * Find healthy ways to cope with stress.
- * Eat healthy. Stay away from fried foods and focus on eating fruits and vegetables, whole grains, fat-free or low-fat dairy products, fish, beans, nuts, and lean meats.
- * Exercise 2.5 hours of moderate-intensity aerobic physical activity a week, along with a muscle strengthening activity 2 or more days a week.
- * Know your numbers! Ask your doctor or go to **Cannon's Wellness Wednesday** to have your blood pressure, cholesterol, and blood sugar levels checked. Ask your doctor to help you understand the numbers and how you can protect your heart.

Heart disease often has no symptoms. Chest or arm pain or discomfort can a warning sign of a heart attack. Other signs included shortness of breath, dizziness, nausea, abnormal heartbeats, or being very tired.

If you suspect that you, or someone else, may be having a heart attack, wait no more than 5 minutes and call 911.

For more information go to The American Heart Association www.heart.org

Cannon Memorial Hospital Looking for Volunteers

Can you work 4 hours or more on a monthly schedule? CMH is looking for volunteers to help in various locations in the hospital for 2016. More information and volunteer applications can be found online at www.cannonhospital.org under the "volunteer" tab. Applications are also available in the front lobby at Cannon, and can be turned in at the Auxiliary Gift and Snack Shoppe or by calling 898.1334.



Wellness Department
 P.O. Box 188
 Pickens, SC 29671
 Phone: 864-898-1331
 E-mail: wellness@cmhsc.org

Find out more about Cannon!
www.cannonhospital.org and
Like Cannon Memorial Hospital
on Facebook 

Cannon Memorial Hospital's Fitness Program

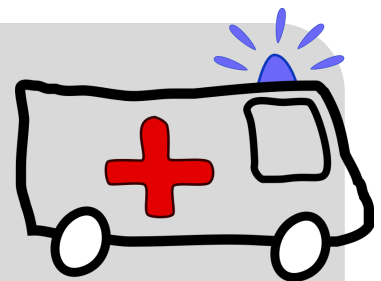
MON	TUE	WED	THU	FRI
9:45 - 10:45 AM Move n' Groove	5:00 - 6:00 PM Cardio/Kick Box	9:45 -10:45 AM Move n' Groove	6:30-7:30 PM Cardio Mix-Up	9:45 - 10:45 AM
5:00 - 6:00 PM Step Up	6:30-7:30 PM Cardio Mix-Up	Cost: \$50 for a 20 class punch card or \$25 for a 10 class punch card. If you pay by the class, it's \$3 per class. Come try out your first week of classes for FREE to find the class that best suits you!		
6:00 -7:00 PM Yoga-Lates				



All classes are located at the Pickens Senior Center 129 Schoolhouse Street Pickens, SC 29671

Are you looking for a doctor? Talk to a Cannon Practice today and find quality care in your neighborhood!

- Cannon Family Practice**—Cannon 864-878-2435
- Cannon Family Practice**—Liberty 864-843-9213
- Cannon Family Practice**—Eastside 864-897-8289
- Cannon Surgical**—864-898-1360
- Cannon Orthopedics** -864-878-1231
- Cannon Outpatient Rehab**—864-898-1346
- Cannon Radiology** -Patients needing a mammogram can call Cannon Scheduling at **864-898-1153** for appointment. If you don't have a physician Cannon Surgical will follow up with your results.



Upcoming Free Smoking Cessation Class
April 5, 12, 19, & 26
6:00-7:00PM
Cannon Classroom, Outpatient Services Bldg.
Register 864.898.1331