



UPCOMING EVENTS

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

Community CPR

Friday, March 11 & April 15
 9:00am-12:30pm
 Acker Boardroom, Outpatient Services Building

Heartsaver CPR/AED

Cost: \$45

Healthcare Provider CPR

Cost: \$50

Free Smoking Cessation Class

April 5,12,19,26

Free Diabetes Education Class

2nd Thursdays of each month
 3pm-4:30pm

*Call 898-1153 to Register

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 only.



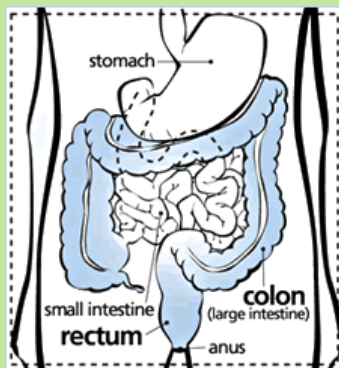
WELLNESS SERVICES



Cannogram March/April 2016

March Colorectal Cancer Awareness Month

Did you know that colorectal cancer is the fourth most common cancer in the US and the second leading cause of death from cancer. It affects people in all racial and ethnic groups, and is found most often in people over the age of 50. A cancer of the colon or rectum is called colorectal. It is recommended that people between the ages of 50-75 years of age get screened regularly to catch a possible cancer in it's earliest stage.



The colon is the largest part of the large intestine. The rectum is located at the bottom of the large intestine.

So, what can you do? 6 out of 10 deaths from colorectal cancer could be prevented by a simple screen. Some tests such as a fecal occult blood test can be done at home. Others, such as a colonoscopy, must be done in a clinical setting. Thanks to the Affordable Care Act, passed in 2010, most insurance plans, including Medicaid and Medicare, pay for screening tests your doctor may recommend.

Questions you should ask your doctor:

- *What is my risk for colorectal cancer?*
- *When do you recommend that I start getting tested?*
- *How often do I need to get tested?*
- *What are the different types of screening tests for colorectal cancer?*
- *Which screening test do you recommend? Why?*
- *What's involved in screening? How do I prepare?*
- *Are there any dangers or side effects of screening?*
- *How long will it take to get the results?*
- *What can I do to reduce my risk of colorectal cancer?*



Ready to schedule a colonoscopy? Dr. Jim Mahanes and Dr. Peter Schriver of Cannon Surgical are accepting new patients. Tell your Health Care Provider you choose to have your procedure at Cannon Memorial Hospital. Our Scheduling Department will set your appointment at a convenient time for you, and answer any questions you may have.

Cannon Surgical can be reached at 864-898-1360.

Pickens County Relay for Life

Saturday April 30

2 PM-10 PM at Easley High School

Find out more at: www.relayacsevents.org





An Affiliate of



Wellness Department
P.O. Box 188
Pickens, SC 29671

Find out more about Cannon!

www.cannonhospital.org or

**Like Cannon Memorial
Hospital on Facebook**



Sign up for Cannongram email:

wellness@cmhsc.org

Cannon Memorial Hospital's Fitness Program

MON	TUE	WED	THU	FRI
9:45 - 10:45 AM Move n' Groove	10:00 - 10:45 AM Senior Fitness	9:45 - 10:45 AM Move n' Groove	10:00-10:45 AM Senior Fitness	9:45 - 10:45 AM Move n Groove
5:00 - 6:00 PM Step Up	5:00 - 6:00 PM Cardio/Kick Box			Cost: \$25 per month or \$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	6:30-7:30 PM Cardio Mix-Up		6:30-7:30 PM Cardio Mix-Up	

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.

May Wellness Special

May 4, 11, 18, and 25

7:00 - 10:00 AM Lab Tests \$75.00 Valued at \$750

Cannon Annex Wellness Wednesday

Register 864.898.1331

