

TRIDENT HEALTH SYSTEM'S COMMUNITY CALENDAR-FEBRUARY 2010

Event times and locations listed on back page. For more information or to register for events, call Consult-A-Nurse at 843-797-3463 (FIND).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 All Level Yoga Diabetes Support Group	2 Nia Dance Senior Aerobics Free Car Seat Safety Checks Diabetes: Unlocking the Mystery	3 Freshstart Smoking Cessation Class Childbirth Awareness Class Grief Support Group	4 ♥ Heart Health Screenings Lunch with the Doctor New Parent Welcome Tour & Hospital Orientation Senior Aerobics Diabetes: Unlocking the Mystery	5	6 Belly Dance for Health & Happiness
7	8 All Level Yoga Look Good, Feel Better	9 Nia Dance Senior Aerobics Stroke Support Group Diabetes: Unlocking the Mystery	10 Freshstart Smoking Cessation Class Childbirth Awareness Classes Pre-Diabetes Class Grief Support Group	11 ♥ Heart Health Screenings Lunch with the Doctor Prenatal Welcome Tour Senior Aerobics Diabetes: Unlocking the Mystery	12 H2U Presents Meet & Eat @ Cracker Barrel Restaurant	13 Belly Dance for Health & Happiness
14	15 Breastfeeding Your Baby All Level Yoga	16 Nia Dance Senior Aerobics Caregivers Express Support Group Diabetes: Unlocking the Mystery Lunch & Learn at The Village of Summerville	17 Freshstart Smoking Cessation Class Childbirth Awareness Class Grief Support Group	18 ♥ Heart Health Screenings Lunch with the Doctor Senior Aerobics Mended Hearts Support Group Diabetes: Unlocking the Mystery	19	20 Belly Dance for Health & Happiness
21	22 All Level Yoga	23 Nia Dance Senior Aerobics Breast Cancer Support Group Diabetes: Unlocking the Mystery	24 Freshstart Smoking Cessation Class Health Talk Presents "For Every Heart, There is a Story" H2U Presents AARP Defensive Driving Childbirth Awareness Class Grief Support Group	25 ♥ Heart Health Screenings Lunch with the Doctor Breastfeeding Your Baby Senior Aerobics Diabetes: Unlocking the Mystery H2U Presents AARP Defensive Driving	26	27 Childbirth Awareness Class One Day Session Belly Dance for Health & Happiness

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H2U is a membership organization dedicated to helping create a healthier, happier you!
H2U offers reliable information along with free screenings, educational opportunities, online health tools and national discounts just to name a few. Join online at www.TridentHealthSystem.com or call 843-847-5068 today to learn how you can start living a healthier life!



TRIDENT HEALTH SYSTEM'S COMMUNITY CALENDAR Feb. 2010

Look for the Heart Month Lecture Series & Screenings on Thursdays.



At Trident Health System we believe health and wellness are not restricted to age, and neither are we. Grab your family, friends and co-workers to share in the gift. At H2U, you will not only have the opportunity to continue your health education – you will build on your wellness through events like our seminar series, day/overnight trips, fitness classes and more. We'll toss the conventional rules out the window and make our own!

Trident Health System

Trident Medical Center Summerville Medical Center Moncks Corner Medical Center

LIFE IS A GIFT. LIVE IT WELL.

TridentHealthSystem.com | 843-797-3463 (FIND)

TRIDENT HEALTH SYSTEM'S COMMUNITY CALENDAR Feb. 2010

Visit TridentHealthSystem.com for a complete listing of each month's health care events. Call Consult-A-Nurse at 843-797-3463 (FIND) to register for any event.

Diabetes Support Group

6:30 - 7:30 p.m. • Monday, February 1
Trident Medical Center Classroom A

All Level Yoga

6:30 - 7:45 p.m. • Mondays • February 1 - 22
SMC Community Classroom

Free Car Seat Safety Checks

4:00 - 6:00 p.m. • Tuesday, February 2
Babies R Us Parking Lot

Nia Dance

5:45 - 6:45 p.m. • Tuesdays • February 2 - 23
H2U Lobby

Childbirth Awareness Classes

6:00 - 8:00 p.m. • Wednesdays • February 3 - February 24
Trident Community Center

Grief Support Group

2:00 - 3:00 p.m. • Wednesdays • February 3 - 24
H2U Conference Room

Lunch with the Doctor Seminar Series & Heart Health Screenings

Noon - 1:00 p.m. • Thursday, February 4
Trident Medical Center Café A

Speakers: Doug Warren, Dorchester County EMS Director; Matthew Wallen, M.D., Mark Egler, M.D., Chris L. Kennedy, M.D.
Topic: Time is Muscle; Muscle is Life

Welcome Tour and Hospital Orientation

6:00 - 8:00 p.m. • Thursday, February 4
Trident Medical Center

Belly Dance for Health & Happiness

12:00 - 1:00 p.m. • Saturdays • February 6 - March 13
Trident Community Center

Look Good, Feel Better

2:00 - 4:30 p.m. • Monday, February 8
Trident Medical Center Café B

Stroke Support Group

6:00 - 7:30 p.m. • Tuesday, February 9
SMC Community Classroom

Pre-Diabetes Class

5:30 - 6:30 p.m. • Wednesday, February 10
Trident Medical Center Café A

Prestart Smoking Cessation Class

6:30 - 7:30 p.m. • Wednesdays • February 10 - March 3
Summerville Medical Center Classroom

Lunch with the Doctor Seminar Series & Heart Health Screenings

Noon - 1:00 p.m. • Thursday, February 11
Trident Medical Center Café B

Speaker: Scott Woodfield, M.D.
Topic: Women & Heart Disease

Prenatal Welcome Tour

6:00 - 7:00 p.m. • Thursday, February 11
Trident Medical Center

H2U Presents Meet & Eat @ Cracker Barrel

9:15 a.m. • Friday, February 12
North Charleston

Breastfeeding Your Baby

6:00 - 8:00 p.m. • Monday, February 15
Trident Community Center

6:00 - 8:00 p.m. • Thursday, February 25
Summerville Medical Center

Lunch & Learn at The Village of Summerville

12:00 - 1:00 p.m. • Tuesday, February 16
The Village at Summerville • 201 West 9th North Street
Speaker: William D. Yarbrough, M.D.
Topic: Rev Your Engine

Caregivers Express Support Group

5:30 p.m. • Tuesday, February 16
Trident Cancer Center

Mended Hearts Support Group

7:00 p.m. • Thursday, February 18
Trident Medical Center Café B

Lunch with the Doctor Seminar Series & Heart Health Screenings

Noon - 1:00 p.m. • Thursday, February 18
Trident Medical Center Café B

Speaker: Brett Baker, M.D.
Topic: Advanced Treatments for Heart Failure

Breast Cancer Support Group

6:30 p.m. • Tuesday, February 23
Trident Cancer Center

Health Talk "For Every Heart, There is a Story"

10:00 - 11:00 a.m. • Wednesday, February 24
The Resort at Del Webb

Lunch with the Doctor Seminar Series & Heart Health Screenings

Noon - 1:00 p.m. • Thursday, February 25
Trident Medical Center Café B

Speaker: James M. Benner, M.D.
Topic: Advances in Heart Surgery

H2U Presents AARP Defensive Driving

10:00 a.m. - 3:00 p.m.
Wednesday, February 24 & Thursday, February 25
Trident Community Center

Childbirth Awareness One Day Session

10:30 a.m. - 3:30 p.m. • Saturday, February 27
Trident Community Center

Senior Aerobics

10:00 - 11:00 a.m. • Tuesdays & Thursdays
First Baptist Church in Moncks Corner

Diabetes: Unlocking the Mystery

6:00 - 8:00 p.m. • Tuesdays
Trident Medical Center

8:30 - 10:30 a.m. • Thursdays
Summerville Medical Center

PARENTING CLASSES

Call 797-3463 (FIND) to register.



We've put our hearts into planning events to help you take care of yours.

Each Thursday we hope you'll join us for heart health screenings, discussions with doctors and tours of our facility. Here's how you can get involved:

Thursday, February 4
9:15 - 11:30 a.m. Heart Health Screenings
Trident Medical Center Café A

10:30 a.m. & 11:15 a.m. Tour our Heart Center
Tours depart Café A
Trident Medical Center

11:45 a.m. - 1:00 p.m. Lunch with the Doctor
"Time is Muscle, Muscle is Life"
Trident Medical Center Café A

Thursday, February 11
9:15 - 11:30 a.m. Heart Health Screenings
Trident Medical Center Café B

10:30 a.m. & 11:15 a.m. Tour our Heart Center
Tours depart Café B,
Trident Medical Center

11:45 a.m. - 1:00 p.m. Lunch with the Doctor
"Women and Heart Health"
Trident Medical Center Café B

Thursday, February 18
9:15 - 11:30 a.m. Heart Health Screenings
Trident Medical Center Café B

10:30 a.m. & 11:15 a.m. Tour our Heart Center
Tours depart Café B,
Trident Medical Center

11:45 a.m. - 1:00 p.m. Lunch with the Doctor
"Advanced Treatments for Heart Failure"
Trident Medical Center Café B

Thursday, February 25
9:15 - 11:30 a.m. Heart Health Screenings
Trident Medical Center Café B

10:30 a.m. & 11:15 a.m. Tour our Heart Center
Tours depart Café B,
Trident Medical Center

11:45 a.m. - 1:00 p.m. Lunch with the Doctor
"Advances in Heart Surgery"
Trident Medical Center Café B

We look forward to seeing you at our Heart Month Lecture Series! Due to limited space, registration is required by calling Consult-A-Nurse at 843-797-3463 (FIND) for both screenings and lectures.

