



**Get Fit And
Live Healthy**



Hello Everyone!

Believe it or not, it's fall already, and time for the October schedule. As always, the second page of the attachment is our Lunch & Learn schedule. Here are some of the things we are doing this month:

Diabetes Support Group: Each Monday night at 7pm we get together for fellowship and support in the meeting room of Meadows Wellness Center. You never need to pre-register, just show up! We will be happy to see you!

Toombs County Alzheimer's Caregiver's Support Group: The first Tuesday of each month at 7pm we meet in the meeting room here at Meadows Wellness Center. We encourage family members and anyone impacted by this disease to come and network with others that really understand exactly what you are going through. We also thank the ladies of South Thompson Baptist Church for the wonderful fidget quilts and bibs that the sewing circle quilts and donates to us.

Parents of Autistic Children Support Group: We are proud to welcome our newest support group facilitated by Anna Bullard. The group meets the second Tuesday of each month at 6:30pm in our meeting room.

Diabetes Monthly Mini-Workshop: This month we meet on October 19th from 9am to 2:30pm. Although there is no charge, pre-registration is required. A healthy lunch and snacks are provided. Anyone with blood sugar issues is encouraged to attend.

Total Joint Class: If you are considering knee or hip replacement, find out just what to expect with our monthly class. This month we will meet on October 15th from 9-10:30am in the large meeting room here at Meadows Wellness Center.

Smoking Cessation Class: We will be having the ACS Fresh Start Smoking Cessation Class on the following 4 days. You must attend every class in order to receive a certificate. All classes start at 6:30pm. Class dates: Oct 20, 22, 27 and 29. There is no charge for these classes.

Cabbage Patch Program-Growing Healthy Pregnancies, Growing Healthy Babies: We are currently in the middle of our second series of classes, but we will take registrations for our next class series which starts October 30th. Please call to enroll.

As always we welcome your thoughts and suggestions for our education programs. We are grateful that you are a part of our education family . Take good care,

Sharon Proctor RN, CDE

Director of Community Education

Meadows Regional Medical Center/Meadows Wellness Center

912-277-2058



October Lunch & Learn Schedule

- 10-01 Dr. Nancy Stanley, MRMC Dir. Community Wellness
Cooking Fabulous Fall Veggies**
- 10-08 Mandy Hilton, Exercise Specialist, MWC
What Silver Sneakers Can Do For You**
- 10-15 Cheryl Gay, MRMC Dir. Marketing/Public Relations
Introducing the NEW & Improved MRMC Web Site**
- 10- 22 Dr. Anthony Salvo, RT Stanley, Sr Health Center
Facing the Flu- What You Need to Know**
- 10-29 Annual Breast Cancer Awareness Reception**

**Speakers start at noon. Lunch courtesy of:
Meadows Regional Medical Center
Meadows Wellness Center**

