

# CALENDAR OF EVENTS

## LiveWELL Carolinas! at Northlake Mall June 2014

Carolinas Medical Center-University, a facility of Carolinas HealthCare System, brings you LiveWELL Carolinas!, a community wellness center at Northlake Mall offering a variety of classes, seminars and information to promote health and wellness for every-One.



Carolinas HealthCare System



Carolinas HealthCare System

LiveWELL Carolinas!  
Northlake Mall  
Lower Level, Suite 103  
6801 Northlake Mall Drive  
Charlotte, NC 28216

**Featured Event**  
**Women and Heart Disease**  
Friday, June 13, noon  
Join Emergency Department  
specialist Keia Hewitt, MD,  
for a discussion about  
women and heart disease.  
Light lunch provided.

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PERMIT #34  
CHARLOTTE, NC

# LIVEWELL CAROLINAS! • JUNE 2014 CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Naturally Real: Organic Gardening and Composting</b> 7:30 p.m.	3	4 <b>Mall Walkers Breakfast: Diabetes Survival Skills</b> 8 a.m., Food Court; Breakfast served <b>Subtle Yoga™</b> 6:30 p.m., \$10	5 <b>Cancer 101: Discussing Cancer with Kids</b> 6:30 p.m.	6	7 <b>Subtle Yoga™</b> 10:30 a.m., \$10 <b>Kids' Gardening</b> 1 – 2 p.m., ages 5 – 7 2 – 3 p.m., ages 8 – 10
8	9	10 <b>Medicare: Do You Know?</b> 3 – 5 p.m. and 6:30 – 8:30 p.m.	11 <b>Subtle Yoga™</b> 6:30 p.m., \$10	12 <b>Lupus Support Group</b> 6:30 p.m. <b>Women and Aging</b> 6:30 p.m., Birkdale Village Call 704-863-9355 for details.	13 <b>Featured Event: Women and Heart Disease</b> Noon	14 <b>Subtle Yoga™</b> 10:30 a.m., \$10 <b>Kids' Nutrition</b> 10 a.m., Huntersville Grower's Market; Call 704-863-9355 for details.
15	16 <b>Back Safety</b> 3 p.m.	17	18 <b>La Leche League Breastfeeding Support Group</b> 10 a.m. <b>Subtle Yoga™</b> 6:30 p.m., \$10	19	20	21 <b>Subtle Yoga™</b> 10:30 a.m., \$10 <b>Moods and Foods</b> 10 a.m., Davidson Farmer's Market; Call 704-863-9355 for details.
22	23	24 <b>Medicare: Do You Know?</b> 3 – 5 p.m. and 6:30 – 8:30 p.m.	25 <b>Subtle Yoga™</b> 6:30 p.m., \$10	26	27	28 <b>Subtle Yoga™</b> 10:30 a.m., \$10
29	30		<b>Pre-D Challenge: Reverse Pre-Diabetes</b> Call 704-863-9355 to schedule a FREE diabetes screening.	All events are free and held at LiveWELL Carolinas! unless otherwise noted. For more information on programs, visit <a href="http://CarolinasHealthCare.org/LWC">CarolinasHealthCare.org/LWC</a> or call 704-863-WELL (9355) to register.		<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Health &amp; Wellness</li> <li><span style="color: purple;">■</span> Support Groups</li> <li><span style="color: orange;">■</span> Kids</li> <li><span style="color: purple;">■</span> Fitness</li> <li><span style="color: red;">■</span> Community Events</li> </ul>