BestHealth Events – April 2015
Visit www.wakehealth.edu/besthealth/ for class listings and to register online. Unless otherwise noted, BestHealth events are free and open to the public.

Wednesday, April 1

Life: Through Eyes of Truth
2 to 3 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Hear from local attorney Mike Wells about estate and financial planning in terms you can understand. Learn simple strategies to make the paperwork manageable and meaningful. Pre-registration required; call 336-713-BEST (2378).

Blood Pressure Screening
3 to 4 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Receive a free blood pressure check from a Wake Forest Baptist Health registered nurse. Pre-registration required; call 336-713-BEST (2378).

Monday, April 6

Kick Off: Wellness Challenge
3:30 to 8 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Join BestHealth for a 6-week Wellness Challenge that will held from April 6 until May 15. Please make an appointment to weigh - in and receive your wellness packet. To participate in this wellness challenge you must be between the ages of 18 and 65, and have an email address. Pre-registration required; call 336-713-BEST (2378).

Tuesday, April 7

Lunch Nibbles: Smart Choices for Your Midday Meal
4 to 5 pm
Held at Lowes Foods, 3372 Robinhood Rd., Winston-Salem.
Join Lowes Foods' registered dietitian, Cindy Silver for a stroll through the healthiest areas of the grocery store as we plan for lunch. Learn how to make lunch quick and easy, yet delicious and healthful. Take home a money-saving coupon as well as new ideas for your mid-day meal! Pre-registration required; call 336-713-BEST (2378).

Thursday, April 9

Low Back Pain
1:30 to 2:30 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Wake Forest Baptist Health orthopaedist Dr. Tadhg O'Gara explains the causes, diagnosis, and non-surgical treatments for lower back pain. Pre-registration required; call 336-713-BEST (2378).

Help for a Leaky Bladder
3:30 to 4:30 pm
Held at Piedmont Plaza One, Kitty Hawk Room, 1920 W. First Street, Winston-Salem.
Urinary incontinence affects women and men of all ages. More than 80 percent of cases can be helped or cured. Learn more, including the latest treatment, from Wake Forest Baptist Health urologist Dr. Gopal Badlani. Pre-registration required; call 336-713- BEST (2378).

Monday, April 13

Chair Weights
4 to 5 pm
Held at Wake Forest Baptist Health- Davie Medical Center, Plaza 1, Cardiac Classroom, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.
Join BestHealth certified group fitness and Zumba instructor Courtney Jackson for a high-intensity, high-energy fitness class like no other. Dress comfortably and wear supportive athletic shoes to participate. Pre-registration required; call 336-713 - BEST (2378).

Tuesday, April 14

Bone Density Screening
1 to 4 pm
Held at the Wake Forest Baptist Health Outpatient Imaging Center, 265 Executive Park Blvd., Winston-Salem.
If you have a family history of osteoporosis, join the staff from Wake Forest Baptist Health Outpatient Imaging for a free bone density heel scan to assess your bone strength and further evaluate your risk for osteoporosis. Appointment required; call 336-713- BEST (2378).

Seizures in Children: Epilepsy
2 to 3 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Join Wake Forest Baptist Health pediatric neurologist Dr. Monideep Dutt to learn more about identifying febrile verses afebrile seizures. Discover how to identify common seizure syndromes seen in children and learn about seizure precautions. Pre-registration required; call 336-713-BEST (2378).

Wednesday, April 15

Know Your Numbers: Heart Health
11 am to Noon
Held at Jerry Long Family YMCA, 1150 S. Peacehaven Rd., Clemmons.
Join Wake Forest Baptist Health registered nurse Susan Butler to learn more about understanding your numbers, signs and symptoms and ways to prevent cardiovascular disease. Pre-registration required; call 336-713-BEST (2378).

Blood Pressure Screening
Noon to 1 pm
Held at Jerry Long Family YMCA, 1150 S. Peacehaven Rd., Clemmons
Receive a free blood pressure check from a Wake Forest Baptist Health registered nurse. Pre-registration required; call 336-713-BEST (2378).

Lunch Nibbles: Smart Choices for Your Midday Meal
Noon to 1 pm
Held at Lowes Foods, 2501 Lewisville Clemmons Rd., Clemmons.
Join Lowes Foods' registered dietitian, Cindy Silver, for a stroll through the healthiest areas of the grocery store as we plan for lunch. Learn how to make lunch quick and easy, yet delicious and healthful. Take home a money-saving coupon as well as new ideas for your mid-day meal! Pre-registration required; call 336-713-BEST (2378).

Saturday, April 18

Gluten-free Dishes
1 to 2:30 pm
Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.
Join Chef Betty Morton to learn about gluten-free on the go. This includes gluten-free bread, pasta and desserts! (The class is also dairy free). This session will offer advice on meal planning and gluten-free tips to keep in mind. Geared toward people with true gluten allergies. Samples and recipes will be provided. Pre-registration required; call 336-713-BEST (2378).

Monday, April 20

Stay in Circulation – Facts about Peripheral Arterial Disease (PAD)
3 to 4 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Join Wake Forest Baptist health Vascular and Endovascular surgeon Dr. Gabriela Velazquez for discovering the risk factors of peripheral arterial disease (PAD), how to recognize and diagnose it, and treatment options. Pre-registration required; call 336-713-BEST (2378).

Wednesday, April 22

Advance Directives
2 to 4 pm
Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.
Learn how advance directives, such as a living will and health care power of attorney, can ensure your wishes will be met. Have the documents notarized free of charge. Pre-registration required; call 336-713-BEST (2378).

Monday, April 27

Balance Screening
Noon to 2 pm
Held at Piedmont Plaza One, Kitty Hawk Room, 1920 W. First Street, Winston-Salem.
Have your balance checked in this free screening by Wake Forest Baptist Health physical therapists, and get tips for making improvements. Pre-registration required; call 336-713- BEST (2378).

Events provided by Brenner Children's Hospital's Brenner FIT program

Tuesday, April 7

Learn to Cook a Balanced Meal
6 to 7 pm
Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.
During this hands-on cooking class, your family will prepare a balanced meal and learn how your meal meets Brenner FIT recommendations for a balanced plate. Each meal follows the Balanced Plate concept and will include a protein, grain, fruit and vegetable. Mature children welcome with parental supervision. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.

Wednesday, April 15

Meal Planning
5:30 to 7 pm
Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.
Join a Brenner FIT dietitian to hear more about feeding your family at lunch. Learn the basics of a balanced lunch as well as prepare and taste balanced lunch ideas in the Brenner FIT Kitchen. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.

Tuesday, April 21

My Kids Are Driving Me Crazy!
6 to 7:15 pm
Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.
Discover how to replace punishment with respectful and effective tools to bring more joy into parenting. Each month a different parenting topic is discussed. The topic this month: Encouraging fruits and vegetables. Classes are Positive Discipline-based and taught by certified Positive Discipline parent educators from the Brenner FIT program. Mature children welcome with parental supervision. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.