



**BestHealth Events – April 2016**

Visit [www.wakehealth.edu/besthealth/](http://www.wakehealth.edu/besthealth/) for class listings and to register online. Unless otherwise noted, BestHealth events are free and open to the public.

**Saturday, April 2**

**Wellness Challenge: Initial Weigh-In**

**8 am to 8 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Sign up today for the initial screening of the 8-week Wellness Challenge. Receive a blood pressure screening, body measurements, and weigh –in. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Sunday, April 3**

**Fitness Training**

**3 to 4 pm**

Held at D1 Sports, Football Field, 1901 Mooney St., Winston-Salem.

Join healthcare professionals as they train you for your best shape ever. Get use of the field and equipment. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Monday, April 4**

**Joint Sports Medicine**

**3:30 to 4:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health Family Medicine physician Dr. Neil Sparks to learn more about knee and shoulder pain. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Walk/Run Fitness**

**5:30 to 6:30 pm**

Held at Tanglewood Park, Walking Trail, 4061 Clemmons Rd., Clemmons.

Join BestHealth' s interns for either a jogging or walking fitness experience throughout Tanglewood Park. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Tuesday, April 5**

**Mike Wells on Estate Administration Basics**

**1:30 to 2:30 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 planning in terms you can understand. Learn simple strategies to make the paperwork manageable and meaningful. Pre-registration required; call 336-713-BEST (2378).

**Understanding Your Body**

**5:30 to 6:30 pm**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Join Wake Forest Baptist Health wellness professional and fitness strategist LaShawn Henighan to learn what to look for when your body doesn't feel normal. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Cindy Silver on Spring Cleaning Your Pantry**

**6 to 7 pm**

Held at Wake Forest Baptist Health Medical Plaza – Clemmons, Market Classroom, 2311 Lewisville – Clemmons Rd., Clemmons.

Join registered dietitian Cindy Silver for a look at how to select, store and preserve the freshness of all kinds of foods. Fresher means more nutrition and flavor plus spring is a perfect season to get organized. Learn about food safety in your own kitchen, too. Fun and interactive! More tips at [www.marketbasketnutrition.com](http://www.marketbasketnutrition.com). Pre-registration required; call 336-713-BEST (2378).

**Wednesday, April 6**

**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).

**Weight Loss Plateau**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health registered dietician Dixie Yow and bring your journal and/or log of your eating, water intake and exercise. She will review and offer suggestions to help you break through your weight loss plateau. **For wellness challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Thursday, April 7**

**Arthritis: Keeping it Under Control**

**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 plastic and reconstructive surgeon Dr. Shruti Tannan to learn more about controlling your arthritis. Pre-registration required; call 336-713-BEST (2378).

**Obesity in America**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health epidemiologist Dr. Kristina Henderson Lewis to learn how to decrease your chances of becoming overweight. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Friday, April 8**

**Eating for Energy: Part 1**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health registered dietician Dixie Yow as she covers snacks and meals that an individual would use while working out or to get a mid-day energy boost. For wellness challenge participants only. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Saturday, April 9**

**Zumba**

**9 to 10 am**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Road, Winston-Salem.

Join BestHealth certified group fitness and Zumba instructor Courtney Jackson for a demonstration of a high-intensity, high-energy fitness class like no other. Dress comfortably and wear supportive athletic shoes to participate. **For Wellness Challenge participants only.** Pre-registration required; call 336-713 - BEST (2378).

**All Sorts of Salads**

**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 Irvin Williams to create a wonderful, healthy dish full of delicious vegetables that come together in a bowl with homemade salad dressing. Samples provided. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Sunday, April 10**

**Fitness Training**

**3 to 4 pm**

Held at D1 Sports, Football Field, 1901 Mooney St., Winston-Salem.

Join healthcare professionals as they train you for your best shape ever. Get use of the field and equipment. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Monday, April 11**

**Strength Training Fitness**

**5:30 to 6:30 pm**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Join certified fitness trainer Jade Charrette for a demonstration of a high-intensity, high-energy fitness training like no other. Dress comfortably and wear supportive athletic shoes to participate. **For Wellness Challenge participants only.** Pre-registration required; call 336-713 - BEST (2378).

**Tuesday, April 12**

**Supplements and Vitamins: Diets Don't Work**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Clemmons, Market Plaza Classroom, 2311 Lewisville-Clemmons Road, Clemmons.

Join Wake Forest Baptist Health Wellness Coordinator Whitney Berry to learn more about diets and supplements and what is needed to maintain a healthy lifestyle. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Wednesday, April 13**

**Yoga**

**Noon to 1 pm**

Held at Sunrise Yoga Studio, 1000 Meadowbrook Drive, Suite 1, Clemmons.

Join Valerie Kiser from Sunrise Yoga Studio to learn more about relaxing yoga poses for better health. Pre-registration required; call 336-713-BEST (2378).

**Proper Stretching**

**5:30 to 6:30 pm**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Warming up and cooling down are key components of exercise but often neglected. Do you know the difference between a dynamic and static stretch and when to use each? Come dressed comfortably and prepared to move as we guide you through a stretching routine. Join exercise specialist Erin Key to learn more about stretching. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Thursday, April 14**

**Preventing Joint Injuries**

**5:30 to 6:30 pm**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Join Wake Forest Baptist Health physical medicine and rehabilitation specialist Dr. David Popoli to learn more about common joint injuries and how to prevent them from happening. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Friday, April 15**

**Food Labels: Shopping**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Make better food decisions! Join Wake Forest Baptist Health registered dietician Dixie Yow as she shows you how to read food labels. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Saturday, April 16**

**High Intensity Interval Training (HIIT)**

**10 to 11 am**

Held at ARTivity on the Green, 630 North Liberty Street, Winston-Salem.

Join certified fitness trainer Jade Charrette for a demonstration of a high-intensity, high-energy fitness training like no other. Dress comfortably and wear supportive athletic shoes to participate. **For Wellness Challenge participants only.** Pre-registration required; call 336-713 - BEST (2378).

**Sunday, April 17**

**Fitness Training**

**3 to 4 pm**

Held at D1 Sports, Football Field, 1901 Mooney St., Winston-Salem.

Join healthcare professionals as they train you for your best shape ever. Get use of the field and equipment. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Monday, April 18**

**Walk/Run Fitness**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health – Davie Medical Center, Walking Trail, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.

Join BestHealth's interns for either a jogging or walking fitness experience throughout Davie Medical Center's Walking Trail. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Gluten-free Made Easy**

**6 to 7:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Gluten-free is the dietary buzz these days, but forget about the hype. For those diagnosed with celiac disease or who are intolerant to wheat and related allergens, a gluten-free diet can be the gateway to increased health and vitality. Chef Betty Morton will give you an overview of gluten – free living and show you how to create a variety of dishes. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Tuesday, April 19**

**Portion Control**

**1:30 to 2:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health weight management coordinator Evette Briskey to learn more about ways to maintain healthy eating by portioning the right foods. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Varicose Vein Screening**

**5 to 7 pm**

Held at Wake Forest Baptist Health Medical Plaza – Clemmons, 2341 Lewisville-Clemmons Road, 2<sup>nd</sup> Floor, Clemmons.

Join Dr. John Regan of Wake Forest Baptist Health for a free varicose and spider vein screening. To qualify, you must be age 65 or younger. Bring shorts to wear during the screening. Space is limited and an appointment is required; call 336-713-BEST (2378).

**Wednesday, April 20**

**Eating On the Run: Part 1**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Clemmons, Market Classroom, 2311 Lewisville-Clemmons Rd., Clemmons.

Join Wake Forest Baptist Health registered dietician Dixie Yow as she explains substituting “bad” food for “good food”, and portion control. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Thursday, April 21**

**Yoga for a Healthy Back**

**4 to 5 pm**

Held at Sunrise Yoga Studio, 6000 Meadowbrook Mall Ct., Suite 1, Clemmons.

Join Valerie Kiser of Sunrise Yoga Studio to learn relaxing yoga poses for better health for your back. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Scan Your Way to Health**

**6 to 7 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join BestHealth intern Ayana Martin as she discusses ways to use smart phone apps to make better health decisions. Please bring your smart phones and/or tablets to this seminar. **For Wellness Challenge participants only.** Pre- registration required; call 336-713-BEST (2378).

**Friday, April 22**

**Weight Loss Plateau**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health registered dietician Dixie Yow and bring your journal and/or log of your eating, water intake and exercise. She will review and offer suggestions to help you break through your weight loss plateau. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Saturday, April 23**

**POUND: Rockout. Workout. ™**

**9 to 9:30 am**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Join BestHealth fitness instructor Courtney Jackson to channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music! Please bring a yoga mat and water. **For Wellness Challenge participants only.** Pre-registration required; call 336-713- BEST (2378).

**Sunday, April 24**

**Fitness Training**

**3 to 4 pm**

Held at D1 Sports, Football Field, 1901 Mooney St., Winston-Salem.

Join healthcare professionals as they train you for your best shape ever. Get use of the field and equipment. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Monday, April 25**

**Strength Training Fitness**

**5:30 to 6:30 pm**

Held at Fleet Feet, Learning Classroom, 278 Harvey Street, Winston-Salem.

Join certified fitness trainer Jade Charrette for a demonstration of a high-intensity, high-energy fitness training like no other. Dress comfortably and wear supportive athletic shoes to participate.

**For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Tuesday, April 26**

**Mindful Meditation**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health – Biotech Place, Classroom 153 - A&B, 575 Patterson Avenue, Winston-Salem.

Join Wake Forest Baptist Health researcher Fadel Zaidan, PhD to learn how to create a calm environment by meditating on positive things. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Wednesday, April 27**

**Portion Distortion**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Clemmons, Market Classroom, 2311 Lewisville-Clemmons Rd., Clemmons.

Join Wake Forest Baptist Health registered dietician Dixie Yow as she covers snacks and meals that an individual would use while working out or to get a mid-day energy boost. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Thursday, April 28**

**Stress Eating**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health- Piedmont Plaza 1, Kitty Hawk Room, 1920 W. First Street, Winston-Salem.

Join Wake Forest Baptist Health psychiatrist Dr. Rahn Bailey to learn how to watch what you eat and how to prevent stress eating. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Friday, April 29**

**Food Labels**

**5:30 to 6:30 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Make better food decisions! Join Wake Forest Baptist Health registered dietician Dixie Yow as she shows you how to read food labels. **For Wellness Challenge participants only.** Pre-registration required; call 336-713-BEST (2378).

**Saturday, April 30**

**Halfway Weigh-in for Wellness Challenge**

**8 am to 8 pm**

Held at Wake Forest Baptist Health Medical Plaza – Country Club, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Sign up for the halfway weigh-in screening for the Wellness Challenge. Receive a blood pressure screening, fitness measurement and weigh in. **For Wellness Challenge participants only.**

Appointment required; call 336-713-BEST (2378).

**High Intensity Interval Training (HIIT)**

**10 to 11 am**

Held at ARTivity on the Green, 630 North Liberty Street, Winston-Salem.

Join certified fitness trainer Jade Charrette for a demonstration of a high-intensity, high-energy fitness training like no other. Dress comfortably and wear supportive athletic shoes to participate.

**For Wellness Challenge participants only** Pre-registration required; call 336-713 - BEST (2378).

**Events provided by Brenner Children’s Hospital’s Brenner FIT program**

**Wednesday, April 4**

**Secrets to Dinner**

**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 dinner. Learn the basics of a balanced dinner as well as prepare and taste balanced dinner ideas in the Brenner FIT Kitchen. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).

**Tuesday, April 5**

**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. This month’s topic is “black bean quesadillas”. 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](mailto:dpratt@wakehealth.edu).

**Tuesday, April 12**

**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. This month’s topic is “black bean quesadillas”. 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](mailto:dpratt@wakehealth.edu).



**Wednesday, April 13**

**Weeknight Cooking with the Doctor**

**6 to 7:30 pm**

Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.

Join Dr. Joey Skelton, director of Brenner FIT, as he trades one white coat for another in a hands-on cooking class. Dr. Skelton will teach you how to cook quick and simple weeknight recipes that everyone can enjoy. This class will focus on vegetable recipes that he prepares for his own family. After cooking with Dr. Skelton, you will sit down and enjoy the vegetables you prepare with a main entrée. Mature children welcome with parental supervision. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).

**Tuesday, April 19**

**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: Homework. 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](mailto:dpratt@wakehealth.edu).

**Tuesday, April 26**

**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. This month's topic is "black bean quesadillas". 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](mailto:dpratt@wakehealth.edu).

**Wednesday, April 27**

**Container Gardening 101**

**5 to 6 pm**

Held at Brenner FIT in the William G. White Jr. Family YMCA, 775 West End Blvd., Winston-Salem.

This class will provide you with all the tools needed to start and maintain a container garden. During the class you will have the opportunity to assemble your very own container garden to take home and nurture. Join Brenner FIT dietitians to learn what you need to know about growing your own food and herbs right on your front porch. Mature children welcome with parental supervision. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).