



**BestHealth Events – December 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. **Inclement weather policy: If Winston-Salem/Forsyth County Schools are closed due to weather, BestHealth classes will be cancelled.**

**Monday, December 5**

**Sweet & Healthy Holiday Treats**

**5:30 to 7 pm**

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Explore several different wholesome alternatives to white sugar, including honey and dried fruit. These healthier options encourage stable blood sugar levels and help to avoid health problems. Chef Irvin Williams will show you how to satisfy those sweet cravings with healthier options. Pre-registration required; call 336-713-BEST (2378).

**Tuesday, December 6**

**Mike Wells on Estate Administration Basics**

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

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, 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).

**Wednesday, December 7**

**Community Walk**

**8:30 to 9:30 am**

Held at New Balance Winston-Salem, Thruway Shopping Center, Winston-Salem.

Looking to be more active? Have you been inactive or do you have diabetes, high blood pressure or other risk factors for heart disease? Then join us for a series of walks. Each week we'll gradually increase the distance we walk. Complete all four walks in July and receive a coupon for free coffee at Chick-fil-A, a T-shirt and a \$20 gift card to New Balance. Pre-registration required; call 336-893-7908 or register at [www.nbwinstonsalem.com](http://www.nbwinstonsalem.com).

**Advance Directives**

**2 to 4 pm**

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, 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).

**Heart Attacks: Things You Should Know**

**5 to 6 pm**

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health cardiologist Sandy Tisinger to learn more about signs and symptoms of heart attacks, what to do and how to prevent them. Pre-registration required; call 336-713-BEST (2378).

**Saturday, December 10**

**POUND: Rockout. Workout.**

**10 to 10:30 am**

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join BestHealth fitness instructor Courtney Hayes 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. Pre-registration required; call 336-713- BEST (2378).

**Monday, December 12**

**Zumba**

**6 to 7 pm**

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join BestHealth certified group fitness and Zumba instructor Courtney Hayes for a demonstration of 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).

**Wednesday, December 14**

**Community Walk**

**8:30 to 9:30 am**

Held at New Balance Winston-Salem, Thruway Shopping Center, Winston-Salem.

Looking to be more active? Have you been inactive or do you have diabetes, high blood pressure or other risk factors for heart disease? Then join us for a series of walks. Each week we'll gradually increase the distance we walk. Complete all four walks in July and receive a coupon for free coffee at Chick-fil-A, a T-shirt and a \$20 gift card to New Balance. Pre-registration required; call 336-893-7908 or register at [www.nbwinstonsalem.com](http://www.nbwinstonsalem.com).

**What to Expect: Women's Health**

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

Held at Wake Forest Baptist Health Diabetes & Endocrinology Center, Diabetes Classroom, 4610 Country Club Rd., Winston-Salem.

Join Wake Forest Baptist Health Dr. Candace Parker Autry to learn more about the ins and outs of women's health. Pre-registration required; call 336-713-BEST (2378).

**Friday, December 16**

**Healthy Holiday Indulgence**

**5:30 to 7 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.

Holidays mean food: planning it, buying it, preparing it, sharing it, and enjoying it. Serve your family a healthy holiday meal – a gift in and of itself, with added side bonus of good digestion and

no weight gain. Join Chef Irvin Williams to learn more. Pre-registration required; call 336-713-BEST (2378).

**Wednesday, December 21**

**Community Walk**

**8:30 to 9:30 am**

Held at New Balance Winston-Salem, Thruway Shopping Center, Winston-Salem. Looking to be more active? Have you been inactive or do you have diabetes, high blood pressure or other risk factors for heart disease? Then join us for a series of walks. Each week we'll gradually increase the distance we walk. Complete all four walks in July and receive a coupon for free coffee at Chick-fil-A, a T-shirt and a \$20 gift card to New Balance. Pre-registration required; call 336-893-7908 or register at [www.nbwinstonsalem.com](http://www.nbwinstonsalem.com).

**Wednesday, December 28**

**Community Walk**

**8:30 to 9:30 am**

Held at New Balance Winston-Salem, Thruway Shopping Center, Winston-Salem. Looking to be more active? Have you been inactive or do you have diabetes, high blood pressure or other risk factors for heart disease? Then join us for a series of walks. Each week we'll gradually increase the distance we walk. Complete all four walks in July and receive a coupon for free coffee at Chick-fil-A, a T-shirt and a \$20 gift card to New Balance. Pre-registration required; call 336-893-7908 or register at [www.nbwinstonsalem.com](http://www.nbwinstonsalem.com).

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

**Tuesday, December 6**

**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 "cheeseburger macaroni". 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, December 7**

**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 this hands-on cooking class. Dr. Skelton will teach you how to cook quick and simple weeknight recipes that everyone can enjoy. After cooking, you will sit down and enjoy the meal you prepared. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).

**Tuesday, December 13**

**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 "cheeseburger macaroni". 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).