



**BestHealth Events – January 2017**

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.**

**Saturday, January 7**

**Zumba**

**10 am to 11 am**

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).

**Monday, January 9**

**Winter Warmers**

**5 to 6:30 pm**

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

Join Chef Irvin Williams to learn more about prepping the perfect dishes for those cold winter nights. Samples will be provided. Pre-registration required; call 336-713-BEST (2378).

**Thursday, January 12**

**Yoga**

**4 to 5 pm**

Held at Sunrise Yoga Studio, 6000 Meadowbrook Dr., 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).

**Ladies Self Defense**

**6 to 7 pm**

Held at Wake Forest Baptist Health – Davie Medical Center, Plaza 1, 4<sup>th</sup> floor, conference rooms 1 & 2, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.

Join Michele Coalson with AMAA Sports of Davie/Karate International in this workshop to learn the core principles in self-defense. Learn exercises that will enable you to better handle a violent encounter. Recommended for women. Pre-registration required; call 336-713-BEST (2378).

**Saturday, January 14**

**Zumba**

**10 am to 11 am**

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).

**Thursday, January 19**

**Meet the Docs Night**

**5:30 to 7 pm**

Held at Wake Forest Baptist Health – Davie Medical Center, Plaza 1, 4<sup>th</sup> floor, conference rooms 1 & 2, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.

Find out what may be causing the pain in your knee and hip and what treatment options are available from our orthopaedic surgeons. Learn latest procedures on hip and knee replacement. Light refreshments will be served. Pre-registration required; call 336-713-BEST (2378).

**Saturday, January 21**

**Resistance Bands**

**10 am to 11 am**

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 various strengths of resistance bands. Dress comfortably and wear supportive athletic shoes to participate. Pre-registration required; call 336-713 - BEST (2378).

**Delicious Soups**

**1 to 2:30 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's certified chef N'gai to learn how to prepare delicious soups for the winter. Pre-registration required; call 336-713-BEST (2378).

**Wednesday, January 25**

**Mike Wells on Estate Planning & Trust Basics**

**11 am to Noon**

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).

**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).

**Thursday, January 26**

**Ladies Self Defense**

**6 to 7 pm**

Held at Wake Forest Baptist Health – Davie Medical Center, Plaza 1, 4<sup>th</sup> floor, conference rooms 1 & 2, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.

Join Michele Coalson with AMAA Sports of Davie/Karate International in this workshop to learn the core principles in self-defense. Learn exercises that will enable you to better handle a violent encounter. Recommended for women. Pre-registration required; call 336-713-BEST (2378).

**Saturday, January 28**

**POUND: Rockout. Workout.™**

**10 to 11 am**

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

Join BestHealth's fitness instructor Courtney Hayes, to channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, which are lightly weighted exercise drumsticks, you will 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, January 30**

**Asian Adventure Cooking**

**5 to 6:30 pm**

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

Join BestHealth certified chef Dianne Blancato to learn more about preparing delightful Asian flavors and history of special ingredients. Pre-registration required; call 336-713-BEST (2378).

**Tuesday, January 31**

**Heart Failure: Things You Should Know**

**4 to 5 pm**

Held at Wake Forest Baptist Health – Piedmont Plaza I, Kitty Hawk Room, 1920 West First St., Winston-Salem.

Heart failure sometimes known as congestive heart failure occurs when your heart muscle doesn't pump blood. Lifestyle changes such as exercising, reducing salt in your diet and managing stress can improve your quality of life. Join Wake Forest Baptist Health registered nurse Melanie Williamson to learn more. Pre-registration required; call 336-713-BEST (2378).

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

**Thursday, January 5**

**Secrets to Breakfast**

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

**Tuesday, January 10**

**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 "Creamy Vegetable Noodle Bowl." 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, January 17**

**Mindful Eating**

**5:30 to 7 pm**

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

Join Brenner FIT staff for an introduction to the techniques of eating mindfully. This class will provide you with practice in mindfulness meditation and explore ways to identify hunger and fullness cues with an eating awareness activity. This class is intended for adults. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).

**Tuesday, January 24**

**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 "Creamy Vegetable Noodle Bowl." 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, January 25**

**Taste of Brenner FIT**

**4 to 5 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 how to about the related topic and how to incorporate changes in your home. A taste test will be offered for each class. Mature children welcome with parental supervision. Pre-registration required; call 336-713-BFIT (2348) or email [dpratt@wakehealth.edu](mailto:dpratt@wakehealth.edu).

**Tuesday, January 31**

**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 "Creamy Vegetable Noodle Bowl." 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).

**Events provided by Lexington Medical Center**

**Thursday, January 19**

**My Feet Hurt!**

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

Held at J. Smith Young YMCA, 119 West Third Avenue, Lexington.

Bunions and hammertoes are two of the most common foot problems and often occur together.

Join Wake Forest Baptist Health podiatrist Paula Gangopadhyay to learn more. Pre-registration required; call 336-713-BEST (2378).

**Thursday, January 26**

**Lunch & Learn: Preventive Cardiology**

**Noon to 1:30 pm**

Held at J. Smith Young YMCA, west room, 119 West Third Avenue, Lexington.

Be inspired to improve your health and well-being in the new year. Local vendors will set up at the Join a Wake Forest Baptist Health cardiologist Dr. Katie Twomley to learn about ways to prevent heart problems, lifestyle, risk factors and evaluation of cardiac disease. Lunch will be provided.

There is a \$5 registration fee. Pre-registration required; call 336-713-BEST (2378).