



BestHealth Events – October 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.

Monday, October 5

Discovering Fall Veggies

4 to 5 pm

Held at Lowes Foods, 2890 Reynolda Rd., Winston-Salem.

Join registered dietitian Cindy Silver for a fun walk through the store in search of fall vegetables that are delicious and good for you. Learn about fun varieties for your meals and easy ways to cook them. Pre-registration required; call 336-713-BEST (2378).

Wednesday, October 7

Estate Administration Basics

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 planning in terms you can understand. Learn about the main parts of the probate process. Pre-registration required; call 336-713-BEST (2378).

Thursday, October 8

Chronic Knee Pain Management

Noon to 1 pm

Held at Wake Forest Baptist Health – Davie Medical Center, Plaza 1, 4th floor, Conference Rooms 1 and 2, intersection of Highway 801 and Interstate 40, Exit 180, Bermuda Run.

Many Americans have resigned themselves to pain because they feel it's a normal condition. According to the American Osteopathic Association (AOA), one in two Americans say pain is part of life; while another 41% believe pain is part of the aging process. Join Wake Forest Baptist Health pain management physician Dr. Allyson Bryant to learn more about managing your knee pain. Pre-registration required; call 336-713-BEST (2378).

Thursday, October 15

Discovering Fall Veggies

Noon to 1 pm

Held at Lowes Foods, 2501 Lewisville-Clemmons Rd., Clemmons.

Join registered dietitian Cindy Silver for a fun walk through the store in search of fall vegetables that are delicious and good for you. Learn about fun varieties for your meals and easy ways to cook them. Pre-registration required; call 336-713-BEST (2378).

Saturday, October 17

Glaucoma Screening

11 am to 2 pm

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

Wake Forest Baptist Health ophthalmologist Dr. Brent Bond's medical students will provide a free glaucoma screening and offers information about proper eye care. Appointment required; call 336-713-BEST (2378).

Apples, Apples, Apples

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 recipes that will help you make the most of fall fruit. Pre-registration required; call 336-713-BEST (2378).

Wednesday, October 21

Halloween Safety Tips

5:30 to 6:30 pm

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

Everyone loves a good scare on Halloween, but not when it comes to child safety.

It is a chilling fact: Children are more than twice as likely to be hit by a car and killed on Halloween night as any other day of the year. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury. Join Wake Forest Baptist Health pediatric trauma prevention coordinator Luly Beckles as she discusses safe things to know for adults, kids and families. Pre-registration required; call 336-713 - BEST (2378).

Saturday, October 24

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. Pre-registration required; call 336-713 - BEST (2378).

Wednesday, October 28

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).

Thursday, October 29

Ring in My Ears: Tinnitus

1 to 2 pm

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

Join Wake Forest Baptist Health audiologist Hailly Humphrey to learn more about ringing in the ears and current treatment options for those experiencing “the ringing”. Pre-registration required; call 336-713-BEST (2378).

Vertigo: Benign Positional

6 to 7 pm

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

Hear from Wake Forest Baptist Health vertigo specialist Dr. Alan Desmond about the balance system, the contribution of the inner ear to balance and conditions that may lead to dizziness, vertigo, increased risk of falling and loss of balance. Pre-registration required; call 336-713-BEST (2378).

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

Tuesday, October 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 “Tai Chicken Burgers.” 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, October 7

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.

Thursday, October 8

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. The class will also explore ways to identify hunger and fullness cues by using an eating awareness activity. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.

Tuesday, October 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 "Tai Chicken Burgers." 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.

Tuesday, October 20

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: Arguing. 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.

Tuesday, October 27

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.

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