



BestHealth Events – November 2016

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

Tuesday, November 1

Mike Wells on Elder Law 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, November 2

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.

Thursday, November 3

Zumba

5:30 to 6:30 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).

Friday, November 4

Quick & Healthy Meals for Busy Families

5 to 6:30 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.

Eating out is expensive; eating with your family is priceless. Chef Dianne Blancato leads featuring wholesome meal plans for busy parents. Learn tips on how to shop and stock a healthy pantry as you explore new recipes. Pre-registration required; call 336-713-BEST (2378).

Wednesday, November 9

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.

Atrial Fibrillation: Signs, Symptoms and Treatments

5:30 to 6:30 pm

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

Atrial fibrillation is an irregular and chaotic rhythm from the top chamber of the heart. It can produce palpitations and a sensation of an irregular heartbeat in some patients. In others it causes decreased energy level, breathlessness, fatigue, and even congestive heart failure without a sensation that the heart rhythm has changed. The most dreaded complication of AF is stroke which is prevented with blood thinners or more recently implanted devices for stroke prevention. Join Wake Forest Baptist Health cardiologist, Dr. Patrick Whalen to learn more. Pre-registration required; call 336-713-BEST (2378).

Thursday, November 10

Vein, Vein Go Away!

6 to 7 pm

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

Looking for a way to hide unsightly bulging veins without extreme pain and discomfort? Join Wake Forest Baptist Health radiologist Dr. John Regan as he discusses new, less-invasive alternatives to traditional surgical treatment for varicose veins. Pre-registration required; call 336-713-BEST (2378).

Saturday, November 12

Line Dancing

Noon to 1 pm

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

Join BestHealth group fitness instructor Courtney Hayes for a fun aerobic workout featuring popular line dances. Dress comfortably and wear supportive shoes to participate. Pre-registration required; call 336-713- BEST (2378).

Tuesday, November 15

Vertigo: Benign Positional

5:30 to 6:30 pm

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

Wednesday, November 16

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.

Friday, November 18

Exercise: The Effects on Your Knees

Noon to 1 pm

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

Join Wake Forest Baptist Health family medicine and sports medicine physician Dr. Oana Panea as she discusses anatomy of the knee and what type of knee problems would impact sports activity. You will also learn exercises that are beneficial. Learn about treatment options available with the goals of having a pain free life while exercising. Pre-registration required; call 336-713-BEST (2378).

Saturday, November 19

Love Your Holiday Leftovers

1 to 2:30 pm

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

Chef Irvin Williams will show you how to use your holiday leftovers to prepare a delicious healthy meal. Pre-registration required; call 336-713-BEST (2378).

Monday, November 21

Ways to Improve Your Steps

6 to 7 pm

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

Want motivation to get moving? Discover ways to improve your overall fitness, as well as outlets to meet others with similar goals! Get information on local training programs for walk, beginner run, triathlon, as well as the free New Balance Community Walk. Join Fleet Feet exercise specialist Erin Key to learn more. Pre-registration required; call 336-713-BEST (2378).

Wednesday, November 23

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.

Wednesday, November 30

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.

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

Tuesday, November 1

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.

Wednesday, November 2

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. This month's topic: meal planning. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.

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.

Tuesday, November 8

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.

Tuesday, November 15

How to Help Your Family

6 to 7:15 pm

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

Join Brenner FIT's family experts to learn tools and tips for helping your family with day-to-day challenges. You will be able to share frustrations and practice new solutions with other parents. A new topic is discussed each month. This month's topic: Holiday Eating. Pre-registration required; call 336-713-BFIT (2348) or email dpratt@wakehealth.edu.

Tuesday, November 22

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.

Tuesday, November 29

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.

Events provided by Lexington Medical Center

Saturday, November 5

Lexington Community Health Day

10 am to 2 pm

Held at Lexington Medical Center, 250 Hospital Dr., Lexington.

Be inspired to improve your health and well-being. Free health screenings: Blood Pressure, Cholesterol, Glucose, BMI. Wake Forest Baptist Health – Lexington resources available to share information and answer your questions on heart health, smoking cessation, aging and memory, child safety, medical financing options and more. Free healthy refreshments for all to enjoy! No registration required.