



Carolinus College of Health Sciences
presents



NEW Continuing
Education Course

Health and Wellness Workshop

Date: This course will begin August 27 and will run to December 10. Classes meet on Fridays from 12-1.

Where: Carolinas College of Health Sciences, Rankin Education Center, CMC Campus (1200 Blythe Blvd., Charlotte 28203)

Course Description: **How to be a BETTER YOU!!** Learn about safety, disease prevention, nutrition, exercise, communication, stress, goal setting and time management ---and then tie it all together to help you achieve a higher level of wellness! We will look at health and wellness from a physical, social, emotional, spiritual, and environmental viewpoint.

Course Objectives:

Upon completion of this course, you will be able to:

1. Identify the factors which positively and negatively affect all dimensions of health.
2. Describe the major health risks and diseases affecting contemporary society.
3. Explain the principle ways to promote health through lifestyle and behavioral changes.

Target Audience:

Open to anyone interested in learning more about personal health and wellness

Registration Fee:

- Regular Tuition \$130.00
- Employee of Carolinas HealthCare System - 25% discount: \$97.50.

Faculty:

Area experts will be teaching the different topics through out the course, including registered dietitians and exercise physiologists.

Parking:

If you are on the CMC campus, please park in your assigned place and enjoy a short walk to the Rankin Education Center! If you are coming from off campus, you will receive a confirmation with the parking information prior to class.

Continuing Education Credit:

This course has been approved for 1.2 CEUs (equivalent to 12 class hours) from the Carolinas College of Health Sciences.

NOTE for CHS employees: This class helps to meet criteria (#9) for the LiveWell Incentive and Rewards Program.

For more information, contact:

Susan B. Thomasson, MEd., MT (ASCP) SH, LMBT
Director, Continuing Education, Carolinas College of Health Sciences
Phone: 704-355-3921 or Email: Susan.Thomasson@carolinas.org

Carolinas College of Health Sciences
Department of Continuing Education

Course Registration

- ★ Fax information: 704-355-5967 Attention: Lakisha Bennett
- ★ Scan/ email: Lakisha.Bennett@carolinas.org
- ★ Interdepartmental mail: Lakisha Bennett, CCHS, Rankin Building, Room 112
- ★ US Mail: Lakisha Bennett, Carolinas College of Health Sciences, 1200 Blythe Blvd, Charlotte, NC 28203

Health and Wellness Workshop

Please print

Name _____

Address _____

City/State _____

Zip Code _____ Phone _____

Email _____

(Email is mandatory for confirmation)

Select Method of Payment: *Please enclose payment with registration form to hold your place in the class.*

Check \$ (Make checks payable to Carolinas College of Health Sciences)

MasterCard Visa

Discover American Express

____Regular Tuition \$130.00 ____Employee of Carolinas HealthCare System \$97.50

Credit Card Information:

Account # _____

Signature _____

Exp Date _____

Interdepartmental Charge: (Carolinas HealthCare Only)

Manager's Name _____

Manager's Signature _____

Bus. Unit # _____ Dept # _____ Account # _____

Work Location/ Department _____

(CHS only)

Course date: August 27 – December 10 (Fridays from 12:00 noon -1:00 pm)

DEADLINES TO REGISTER: August 20

24 HOUR NOTICE OF CANCELLATION REQUIRED FOR A REFUND

If you need special accommodations according to the American with Disabilities Act, please contact the Student Services Department at 704-355-5043.

Carolinas College of Health Sciences is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) to award the Associate of Applied Science degree. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Carolinas College of Health Sciences.