



Calendar of Events

Heart to Heart Cholesterol Screenings (Cost is \$20, Seniority Member is \$15; No Food or Drinks after Midnight, except water)

Thursday, February 14, 2008	7:00 - 8:30 a.m.	The Health First Center
Thursday, May 22, 2008	7:00 - 8:30 a.m.	The Health First Center
Thursday, August 14, 2008	7:00 - 8:30 a.m.	The Health First Center
Thursday, November 13, 2008	7:00 - 8:30 a.m.	The Health First Center

Free Glucose Screenings (No Food or Drinks after Midnight, except water)

Tuesday, April 8, 2008	7:30-8:30 a.m.	Diabetes Center
Tuesday, July 8, 2008	7:30-8:30 a.m.	Diabetes Center
Tuesday, October 14, 2008	7:30-8:30 a.m.	Diabetes Center

Free Stroke Risk Analysis

Wednesday, May 28, 2008	12:00-2:00 p.m.	NW AHEC 105
Thursday, May 29, 2008	9:00 a.m.-4:30 p.m.	The Health First Center

Walk Catawba Valley Classes (Each Class Counts as 25 Bonus Miles)

Ouch! Injury Prevention

Saturday, February 2, 2008	10:20 a.m.	The Health First Center
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Protect Yourself Self Defense

Saturday, February 2, 2008	11:15 a.m.	The Health First Center
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Eating for Energy

Saturday, February 2, 2008	11:30 a.m.	The Health First Center
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Heart to Heart Classes (Each Class Counts as 50 Bonus Miles)

Fresh Start Smoking Cessation Classes - Please call 828- 485-2300 to Register

Saturday, March 22, 2008	1:00 – 3:30 p.m.	The Health First Center
Saturday, July 26, 2008	1:00 – 3:30 p.m.	The Health First Center
Saturday, November 22, 2008	10:00 a.m.	The Health First Center

Heart Smart: Who Wants to be a Millionaire - Please call 828- 485-2300 to Register

Wednesday, February 13	12:30 p.m.	Public Health Front Classroom
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Bring your lunch and join us for the heart health educational game

Hypertension: Learn and Live - Please call 828- 485-2300 to Register

Wednesday, August 13	Time and Location to be Announced	
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Bring your lunch and join us for this informative class. Pharmacist will available to answer questions about medication.

What Women Need to Know about Men's Health - Please call 828- 485-2300 to Register

Wednesday, November 19	12:00 noon	NW AHEC 105 (beside CVMC)
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Heart Health Classes – Call Pat Benfield at 828-326-2400 to register

Tuesday, January 8, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, February 12, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, March 11, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, April 8, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, May 13, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, June 10, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, July 8, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, August 12, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, September 9, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, October 14, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, November 11, 2008	11:00 a.m.	Rehab Center Conference Room
Tuesday, December 9, 2008	11:00 a.m.	Rehab Center Conference Room

Heart Healthy Nutrition Classes – Call Lynn Geissele at 828-326-2905 for more details

Tuesday, January 8, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, February 12, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, March 11, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, April 8, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, May 13, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, June 10, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, July 8, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, August 12, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, September 9, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, October 14, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, November 11, 2008	12:00 noon	Rehab Center Conference Room
Tuesday, December 9, 2008	12:00 noon	Rehab Center Conference Room

Heart Healthy Cooking Demonstrations (Different Demonstration Each Month) – Please call 828- 485-2300 to Register

Friday, February 8, 2008	12:00 p.m.	The Health First Center
Friday, March 14, 2008	12:00 p.m.	The Health First Center
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Friday, May 9, 2008	12:00 p.m.	The Health First Center
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Friday, July 8, 2008	12:00 p.m.	The Health First Center
Friday, August 8, 2008	12:00 p.m.	The Health First Center
Friday, September 19, 2008	12:00 p.m.	The Health First Center
Friday, October 10, 2008	12:00 p.m.	The Health First Center
Friday, November 14, 2008	12:00 p.m.	The Health First Center

Check the Walk Catawba Valley Web site for additional classes

Walk Catawba Valley Participants can earn up 75 bonus miles from Walk Catawba Valley Classes and 100 bonus miles from Heart to Heart Sessions yearly. All classes are free, unless otherwise stated.