

# Upcoming Wellness Events at Mercy Medical Center • January

## “Live Active, Live Healthy”

Successful Living with Chronic Conditions

Tuesdays, Jan. 10 – Feb. 14  
1 - 3:30 p.m.  
Mercy Health Plaza

Learn problem-solving and action-planning focused on solutions for tiredness, depression, frustration and managing symptoms. There is a one-time fee of \$20 for the course book and relaxation CD. *To register, visit*

[www.mercycare.org/events](http://www.mercycare.org/events)  
or call (319) 398-6012

## Depression and Seasonal Affective Disorder

Thursday, January 19  
Noon - 1 p.m.  
Live Webinar

Join Mercy Family Counseling to learn common symptoms, causes, risk factors, coping strategies and treatment options for depression. Submit your own questions live.

*Join this live webinar at*  
[www.mercycare.org/live](http://www.mercycare.org/live). FREE

## Is My Metabolism Really Slow?

Tuesday, January 24  
Noon - 1 p.m. Lindale Mall  
Lower level, below Younkers.

Understand how your weight is influenced by your metabolism. Learn how you can increase your metabolism at this New Year seminar. Bring your own brown bag lunch. Beverages provided. *To register, visit* [www.mercycare.org/events](http://www.mercycare.org/events) or call (319) 221-8674. FREE

## Cardiology 101

Wednesday, January 25  
Noon - 1 p.m. Live Webinar

Join Cardiologist, Nicholas Hodgman MD, from Cedar Rapids Heart Center, P.C. to learn how to avoid a heart attack. You'll learn screening options for heart disease, including information on stress testing and lab work. *Join us at*

[www.mercycare.org/cardiology101](http://www.mercycare.org/cardiology101). FREE



## Cancer Transitions™

Wednesdays, Jan. 25 – Feb. 29  
9 - 11:30 a.m.  
Mercy Fitness Center

Cancer Transitions is a free 2½-hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. *For more information or to register, call (319) 398-6674, or visit* [www.mercycare.org/events](http://www.mercycare.org/events). FREE

## Substance Abuse Education

2nd Tuesday each month  
5:30 – 6:30 p.m.  
Sedlacek Treatment Center

Learn about substance abuse programs, recovery information and support tools for those suffering with substance abuse, as well as for their families and friends. *For more information, call (319) 398-6226. FREE*

## Ladies, We Need to Talk.

Thursday, February 2  
5 - 5:30 p.m. Social  
5:30 - 8 p.m. Hands-on sessions  
Mercy Health Plaza

Busy lifestyles and demands from work and home can be taxing and

unhealthy. Put yourself first by learning how yoga, aromatherapy, smart ergonomics and eating right can help reduce stress in your life.

Elizabeth Gauer, MD, from Cedar Rapids Heart Center, P.C., and the area's only female cardiologist, will highlight how heart disease and stress affects women and the importance of keeping your heart healthy. *Registration required. Seating is limited. For more information or to register, call (319) 221-8567 or* [www.mercycare.org/puttingyoufirst](http://www.mercycare.org/puttingyoufirst) FREE

## 2-Weeks Free at Mercy Fitness Center

Come and try Mercy Fitness Center for two weeks free – then join with no enrollment fees. *Contact us at (319) 221-8877 or go to* [www.mercycare.org/services/fitness-center](http://www.mercycare.org/services/fitness-center)

*For a complete list of Mercy events visit,*  
[www.mercycare.org/events](http://www.mercycare.org/events)