According to the National Institute on Aging, falls don’t just happen, and people don’t fall just because they’re older. There’s usually some underlying cause or risk factor involved. Falls are often linked to a physical condition or medical problem. Or there may be safety hazards in the home or community.

Scientists have linked a number of risk factors to falling. Some of them are:

- **Muscle weakness**, particularly in the legs. Older people who have not maintained their muscle strength and flexibility and endurance are more likely to fall.

- **Balance and gait**. Older adults who have poor balance or difficulty walking are more likely to fall. These problems may stem from a lack of exercise or from a neurological cause or arthritis.

- **Blood pressure drops**. Blood pressure that drops too far when a person gets up from sitting or lying down with possible accompanying dizziness can increase the chance of falls. This can result from dehydration, some medications, or conditions like diabetes and Parkinson’s disease.

- **Slow reflexes**. Slower reaction time can make it harder to catch your balance if you start to fall.

- **Foot problems**. Wearing unsafe footwear (backless shoes, high heels, and shoes with smooth leather soles) can make a fall more likely.

- **Poor eyesight**. Poor depth perception, cataracts, and glaucoma can increase the likelihood of falls as can poor lighting.

- **Medications**. The side effects of some medications are dizziness and confusion.

There are changes you can make to decrease the risk of falling. Exercise and being physically active to improve your balance and strengthen your muscles helps to prevent falls. Having your medicines reviewed, limiting alcohol use, having your blood pressure checked after lying and standing, getting your vision tested, and choosing safer footwear are also ways to decrease the risk of falling.

(continued on page 7)
Parkinson's Disease 101: A Basic Overview

**TUESDAY, JANUARY 17, 11:15AM - 1:00PM**
TD Convention Center

Parkinson's disease is a movement disorder that is chronic and progressive, meaning that symptoms continue and worsen over time. As is the case with many neurological disorders, the cause of Parkinson's disease is not known. An estimated seven to 10 million people worldwide live with Parkinson's disease.

Meet Dr. Kathleen Woschkolup as she gives us a basic overview of this neurological disease. She'll discuss the symptoms associated with Parkinson's and explain the process of diagnosing the disease. Although there is currently no cure for Parkinson's, Dr. Woschkolup will also address treatment options which are available.

Kathleen Woschkolup, MD
Bon Secours Neurology
Bon Secours Medical Group
801 Roper Creek Court
Greenville, SC 29615

Registration and payment ($8 pp) is required by check or credit card by NOON on Thursday before the event. We appreciate the generous support of Orianna.(2 Innovation Dr, Greenville, 29607).

We accept cash payments at the door. Guests are welcome.

Cancellation: Must be made by NOON on Thursday before the seminar in order to transfer payment.

Sugar Busters...“Who you gonna call?”

**WEDNESDAY, DECEMBER 7, 2:00 - 3:30 PM**
St. Francis Millennium, Community Classroom
2 Innovation Drive, Greenville, 29607

How much sugar should we consume in our daily diet? Is sugar really bad for us? Will I get diabetes if I eat a lot of foods with high sugar content? Join Linda Boe, Registered Dietitian at Bon Secours St. Francis, as she answers these questions and more. You’ll also learn about preventing type 2 diabetes, treating type-2 diabetes, and discovering hidden sources of sugar. Don’t miss this opportunity to know if you’re eating too much sugar and how to avoid its cravings.

FREE
Pre-registration is required. Non-LifeWise members and guests are welcome to attend.

Healthy U Education Classes

Classes are available at **NO COST** and take place in the Community Education Classroom on the first floor of the Medical Office Building at St. Francis Millennium (2 Innovation Dr, Greenville, 29607). Call 864-400-3651 to register.

**MONDAY, NOVEMBER 7 • 6:00 PM**
**NUTRITION FOR A HEALTHY THANKSGIVING**
Presented by: Kristen Guenther
Thanksgiving can be an easy time to lose focus of our nutrition goals. Learn how to make better choices for this year’s turkey dinner!

**TUESDAY, NOVEMBER 15 • 6:00 PM**
**HYPERTENSION**
Presented by: Helen Rowland, RN
Why is it important to know about hypertension (high blood pressure)? Join us as hypertension and how to manage it will be the topics of discussion.

**WEDNESDAY, NOVEMBER 16 • 6:00 PM**
**BASICS OF EXERCISE**
Presented by: Holly Ellis, ATC (Athletic Trainer Certified)
The basics of this class will help you better understand various elements of exercise and activity that will improve your overall health & well-being. Classes are designed to serve those either looking to prevent or manage chronic health conditions.

**THURSDAY, NOVEMBER 17 • 6:00 PM**
**INVESTMENTS**
Presented by: Beth Waters, Regions Bank Manager
Learn about the various investment products and services available to help you achieve your financial goals. This seminar can address both the beginner’s curiosity and the needs of a more financially savvy participant.

**MONDAY, DECEMBER 5 • 6:00 PM**
**INSURANCE**
Presented by: Beth Waters, Regions Bank Manager
Learn the ins and outs of auto, life, homeowners and renters insurance. Protect those things you value.

**MONDAY, DECEMBER 13 • 6:00 PM**
**WHAT IS METABOLIC SYNDROME?**
Presented by: Helen Rowland, RN
The focus of this discussion will be a review of the 5 components that lead to the diagnosis of “Metabolic Syndrome” and the increased risk of heart disease and the management of those issues.

**THURSDAY, DECEMBER 15 • 6:00 PM**
**INSURANCE**
Presented by: Beth Waters, Regions Bank Manager
Learn the ins and outs of auto, life, homeowners and renters insurance. Protect those things you value.

We appreciate the generous support of Orianna (2 Innovation Dr, Greenville, 29607).
Health & Wellness

LifeWise Seminars & Classes

AARP Smart Driving Course

MONDAY, NOVEMBER 14, 8:30 AM – 1:00 PM
St. Francis Eastside Hospital, Classroom 301
125 Commonwealth Drive, Greenville, 29615

The AARP Smart Driver Course continues AARP’s legacy of quality driver education focusing on topics highly relevant for older drivers. Lil Copeland, AARP Instructor (LifeWise member and volunteer) will take you through the following topics & more in this valuable class:

• Best practices for sharing the road with other vehicles, including motorcycles and bicycles
• Stopping distance and merging
• Rules for roundabouts and stop-signs
• Adjusting mirrors to reduce blind spots
• Visual guidebook with larger print type & easy-to-follow format.
• Auto insurance companies in South Carolina are mandated to provide a discount to AARP smart driver course graduates.

$15 pp (AARP member)
$20 pp (Non-AARP member)

Bring your driver’s license & AARP card (if you’re a member) to class.

(You can purchase a Box Lunch with a sandwich, chips, fruit, cookie and bottled water for $10. Please note on the sign up form. If you register for the class online, please call 675-4303 to order your lunch.)

Pre-registration & pre-payment is required. Class size is limited. Register early!

Brookdale’s BrainFit

TUESDAY, NOVEMBER 29, 10:00 AM – 12:30 PM
St. Francis Cancer Center, Education Classroom
104 Innovation Drive, Greenville, 29607

Good news, seniors! Did you know you can change your brain at any age? All the more reason to come to Brookdale's BrainFit seminar and discover the building blocks that can keep your brain healthy. It’s a fact: you can change your brain at any age! Invite a friend and/or loved one to come with you and become a wiz at brain-healthy living.

At this informative and interactive seminar you’ll discover the building blocks that can keep your brain healthy. Come and learn how to get those neurons firing! Learn the keys to optimum life and see how antioxidants play a significant role in your health, as they can control how fast you age by fighting free radicals. In fact, one of the best things you can do to prevent age-related diseases is to load up on antioxidants. These are “free radical scavengers” that prevent and repair damage done to your cells and help you live a longer, healthier life. This seminar will be presented by Michael Mahon, a licensed Alzheimer’s and dementia trainer and dementia practitioner on the national and international level. Join us and meet Michael as he shares his passion for educating seniors on these topics!

FREE
Pre-registration is required. Non-LifeWise members and guests are welcome to attend. A “Brain Healthy” snack will be provided.

Understanding the Basics of Medicare

THURSDAY, DECEMBER 1
10:00 AM – 11:30 AM
St. Francis Cancer Center, Education Classroom
104 Innovation Drive, Greenville, 29607

Do you have questions about Medicare and/or Medicaid? If so, you’re not alone. Many people want to better understand the ins and outs of these programs and what they cover. Our speaker, Everette H. Babb, Founder, Babb & Brown, P.C., will discuss the following:

Explanation of Medicare Benefits and what is Covered:
• Part A - Hospital Insurance
• Part B - Medical Insurance
• Part C - Medicare + Choice or Medicare Advantage Program
• Part D - Prescription Drug Coverage
• Hospital Expense Coverage
• Skilled Nursing Facility Stay Coverage
• Explanation of Medicare Terms

Medicaid:
• Transfer of Assets
• Trusts
• Estate Recovery
• Medicaid Eligibility
• Transfer of Reserve Penalty

FREE
Pre-registration is required. Non-LifeWise members and guests are welcome to attend.

Balancing Your Life Not Just Your Checkbook!

TUESDAY, DECEMBER 13, 10:30 AM – 11:30 AM
St. Francis Millennium, Community Classroom
2 Innovation Drive, Greenville, 29607

So often as we age, things seem to pile up and get overwhelming. One area where there can quickly be a negative impact is daily financials. • How do you track your bills to know what has been paid, what bills should be arriving and whether something has been missed? • What happens when you have a question or a problem with a bill? Do you take care of it, let it fester or just assume it is ok? • Do you have a backup plan for vacation or illness? Carrick Consulting would like to share some tips and tricks with you for better managing the daily stuff and for preparing for an emergency when someone needs to step in and assist.

FREE
Pre-registration is required. Non-LifeWise members and guests are welcome to attend.

Amy Carrick
Carrick Consulting
Heartsaver CPR & First Aid
FRIDAY, DECEMBER 16, 8:30 AM - 4:00 PM
St. Francis Millennium MOB, Community Classroom
2 Innovation Drive, Greenville, 29607

Heartsaver CPR & First Aid + AED (Automatic External Defibrillator) is an instructor-led course that teaches students the critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrive. You’ll learn skills such as how to treat bleeding, sprains, broken bones, shock, and other first aid emergencies. This course also teaches adult CPR and introduces the use of an AED. After successfully completing the course, the student will receive a 2-year certification card. Please wear comfortable clothes and shoes. The class is limited to 12 students.

Migina Mathis, RN, BSN
Community Wellness Nurse
Bon Secours St. Francis Health System

Irene Pena, RN, BSN
Community Wellness Nurse
Bon Secours St. Francis Health System

$10 pp (includes workbook and certificate)
Pre-registration with payment is required
no later than December 12.
Class size is limited! Register early!

Yang 24 Form Tai Chi
NO CLASSES DEC 27, JAN 3

Tai Chi is a graceful mental, physical and spiritual discipline rooted in martial arts that is widely recognized in the United States for its many well-being benefits. It is a standing exercise & requires loose clothing, light, flexible, nonslip shoes & no jewelry (wedding ring ok). Our instructor, Marion Lawrence, has studied for 25+ years with various Chinese Masters. For all questions and other information, contact Marion at 864-438-1520.

TUESDAYS @ 9:30AM: BEGINNERS • 10:45AM: INTERMEDIATE • 12:00PM: ADVANCED
St. Francis Medical Office Building, 135 Commonwealth Dr, Greenville, 29615, Room 140
$20 per month (You will pay the instructor directly.) Pre-registration is not required.

Better Breathing, Balance & Bodies with Chair Yoga for Every BODY!

THURSDAYS, 10:30AM - 11:30AM – NO CLASSES NOV 24, DEC 22, DEC 29
St. Francis Medical Office Building, 135 Commonwealth Dr, Greenville, 29615, Room 140
$5 per class (You will pay the instructor directly.) Pre-registration is not required.

We don’t break our hips from osteoporosis. We break our hips when we fall and we fall when we lose our balance. We begin to lose balance in our 30s at the rate of about 1% per year. Come and restore your balance with Chair Yoga. Chair yoga promotes proper breathing to stimulate greater circulation. It helps prevent disease and increase your energy while you develop better balance. It aids in relieving tired joints and muscles and even contributes to slowing or reversing the aging process. You’ll develop greater postural integrity, strength, flexibility and balance for the mind, body and soul. Join Brenda Verdone, Director of ANEW Natural Health & Yoga, as she leads a comfortable, fun and relaxing class for ALL levels of flexibility. Wheelchairs are welcome.

Brenda Verdone, Director of ANEW Natural Health & Yoga

Life is a Balancing Act! (continued from page 1)

If you do fall, always tell your doctor. A fall can be a sign of a new medical problem that needs attention, such as diabetes, a change in blood pressure, an infection, or a cardiovascular disorder. Another possibility is that you may simply have a balance problem without realizing it. Some people might think they have a problem, but are too embarrassed to tell their doctor, friends, or family. Common symptoms experienced by people with a balance disorder may include dizziness or vertigo (a spinning sensation), lightheadedness, faintness or feeling as if you’re going to fall, blurred vision, confusion or disorientation. Getting these symptoms checked out by your doctor is always important.

St. Francis Medical Office Building, 135 Commonwealth Dr, Greenville, 29615, Room 140
$5 per class (You will pay the instructor directly.) Pre-registration is not required.

If you do fall, always tell your doctor. A fall can be a sign of a new medical problem that needs attention, such as diabetes, a change in blood pressure, an infection, or a cardiovascular disorder. Another possibility is that you may simply have a balance problem without realizing it. Some people might think they have a problem, but are too embarrassed to tell their doctor, friends, or family. Common symptoms experienced by people with a balance disorder may include dizziness or vertigo (a spinning sensation), lightheadedness, faintness or feeling as if you’re going to fall, blurred vision, confusion or disorientation. Getting these symptoms checked out by your doctor is always important.

Well over half of falls happen at home while engaging in normal activities. Some of these falls are caused by the person’s living environment. Included in this list are slick floors, poorly lit stairwells, loose rugs, clutter, carrying heavy items up or down stairs, and not using stair railings and bathroom grab bars.

Much can be done to prevent falls - whether they are caused by a medical or an environmental condition. Because the consequences of falling can be so severe for an older adult, we all should be aware of the causes and take the necessary precautions to keep our lives in balance!

Source: www.NIHSeniorHealth.gov

Life is a Balancing Act! (continued from page 1)

If you do fall, always tell your doctor. A fall can be a sign of a new medical problem that needs attention, such as diabetes, a change in blood pressure, an infection, or a cardiovascular disorder. Another possibility is that you may simply have a balance problem without realizing it. Some people might think they have a problem, but are too embarrassed to tell their doctor, friends, or family. Common symptoms experienced by people with a balance disorder may include dizziness or vertigo (a spinning sensation), lightheadedness, faintness or feeling as if you’re going to fall, blurred vision, confusion or disorientation. Getting these symptoms checked out by your doctor is always important.

Well over half of falls happen at home while engaging in normal activities. Some of these falls are caused by the person’s living environment. Included in this list are slick floors, poorly lit stairwells, loose rugs, clutter, carrying heavy items up or down stairs, and not using stair railings and bathroom grab bars.

Much can be done to prevent falls – whether they are caused by a medical or an environmental condition. Because the consequences of falling can be so severe for an older adult, we all should be aware of the causes and take the necessary precautions to keep our lives in balance!

Source: www.NIHSeniorHealth.gov
FREE Line Dancing Classes

**THURSDAYS, 11:30 – 12:30 PM @ Temple of Israel**
**BEGINNER LEVEL 1 LINE DANCING**
If you have an interest in Line Dancing and have little or no experience, Beginner Level 1 is for you. This class will teach you the basic line dance steps along with some simple dances. NO classes Nov 24, Dec 22, Dec 29.

**THURSDAYS, 10:00 – 11:00 AM @ Temple of Israel**
**BEGINNER LEVEL 2 LINE DANCING**
This class is for people who have completed the Beginner Level 1 Line Dancing class or have had basic line dance instruction. This class is NOT for people who have never line danced. NO classes Nov 24, Dec 22, Dec 29.

**TUESDAYS, 12:30 – 2:00 PM @ Temple of Israel**
**LOW INTERMEDIATE LINE DANCING**
Have you line danced at the beginner level for a year or more? Are you looking for a challenge but aren’t ready for the harder Intermediate class? Then this class is for you. Dancers should have knowledge of the basic beginner line dances and be able to execute them readily. Beginner dances will be reviewed and the new dances taught will be at an advanced beginner level or low intermediate level. NO Dec 20, Dec 27.

**TUESDAYS, 9:30-11:30 AM @ Temple of Israel**
**INTERMEDIATE LINE DANCING**
If you have a strong grasp of basic line dancing steps, have experience line dancing at the intermediate level and want to challenge yourself, this class is for you. While all levels of dances will be taught, there will be a focus on intermediate to advanced dances. NO classes Dec 20, Dec 27.

**LOW INTERMEDIATE LINE DANCING**

**BEGINNER LEVEL 1 LINE DANCING**

**BEGINNER LEVEL 2 LINE DANCING**

**LOW INTERMEDIATE LINE DANCING**

**ALL line dancing classes are taught by Pam Frey, a LifeWise member and experienced line dance instructor. Pre-registration is required. To register or ask questions, contact Pam Frey at nanafrey05@gmail.com or call her at 864-288-3722.**

**FREE**

**In Stitches**

**MONDAY, NOVEMBER 7, DECEMBER 5**
**1:00 – 3:30 PM**
Cascades Verdae
267 Old Sulphur Springs Rd
Greenville, 29607

**In Stitches** is a group for anyone who enjoys doing creative things with thread or yarn, needlepoint, embroidery, crochet, knitting, quilting, & more. Make new friends while doing something you enjoy and share your hobby! Call 864-675-4303 or email LifeWise@bshsi.org if you have questions or need directions to the Cascades.

**November Snails**

**WEDNESDAY, NOVEMBER 29**
**11:00 AM – 1:00 PM**
St. Giles Presbyterian Church
1021 Hudson Road, Greenville 29615

**November Snails** is for people and their loved ones with chronic lung disease.

**November Snails**

**WEDNESDAY, NOVEMBER 29**
**11:00 AM – 1:00 PM**
St. Giles Presbyterian Church
1021 Hudson Road, Greenville 29615

**November Snails** is for people and their loved ones with chronic lung disease.

**Better Breathers Club**

**3RD TUESDAY, 12:00 – 1:00 PM**
St. Francis Millennium Medical Office Bldg
2 Innovation Drive, Greenville, 29607

**Better Breathers Club** is a support group for people and their loved ones with chronic lung disease.

**Better Breathers Club**

**3RD TUESDAY, 12:00 – 1:00 PM**
St. Francis Millennium Medical Office Bldg
2 Innovation Drive, Greenville, 29607

**Better Breathers Club** is a support group for people and their loved ones with chronic lung disease.

**Better Breathers Club**

**3RD TUESDAY, 12:00 – 1:00 PM**
St. Francis Millennium Medical Office Bldg
2 Innovation Drive, Greenville, 29607

**Better Breathers Club** is a support group for people and their loved ones with chronic lung disease.

**Better Breathers Club**

**3RD TUESDAY, 12:00 – 1:00 PM**
St. Francis Millennium Medical Office Bldg
2 Innovation Drive, Greenville, 29607

**Better Breathers Club** is a support group for people and their loved ones with chronic lung disease.

**Better Breathers Club**

**3RD TUESDAY, 12:00 – 1:00 PM**
St. Francis Millennium Medical Office Bldg
2 Innovation Drive, Greenville, 29607

**Better Breathers Club** is a support group for people and their loved ones with chronic lung disease.

**Better Breathers Club**
BINGO

**BINGO**

2ND WEDNESDAY, 2:00 - 3:00 PM  
Activity Room - Main Bldg.  
Rolling Green Village, 1 Hoke Smith Blvd.  
Greenville, 29615

Here’s a great opportunity for all BINGO lovers! Rolling Green Village has graciously invited us to join their residents for BINGO on the 2nd Wednesday of the month in their activity room.

**FREE**  
Pre-registration with LifeWise is required.

---

**Club Life**

**BeWell Walkers**

**TUESDAYS & THURSDAYS, 9:00 AM - 1:00 PM**  
Bon Secours Wellness Arena  
650 North Academy Street, Greenville, 29601

Enjoy walking in the climate controlled Bon Secours Wellness Arena on most Tuesdays & Thursdays in November & December. There is no charge or membership fee & parking is **FREE** in the VIP parking lot off Church St. Certified Athletic Trainers are present with safety tips & other information. Visit stfrancishealth.org/bewellfans.

**Senior Christmas Giving**

**FRIDAY, DECEMBER 2, 10:00 AM - 12:00 PM**  
Sterling Community Center  
113 Minus St (Near St. Francis Downtown)  
Greenville, 29601

Senior Christmas Giving can’t help but put you in the holiday spirit. Join LifeWise and Healthy Communities Initiatives as we make fleece blankets for Alexander Elementary School and Communities in Schools. You’ll enjoy festive Christmas music while we easily assemble the blankets that will mean so much to these children. You can also look forward to great fellowship with Sterling “Seniors on the Go,” seniors from Fourth Presbyterian Church and Rocky Mount Baptist Church. Invite your friends – all are welcome! You’ll certainly make someone’s Christmas bright! (Bring your scissors – Sterling will also have some available.)

**FREE**  
Pre-registration is required, please.

---

**Breakfast with Santa**

**THURSDAY, DECEMBER 8, 9:00 AM**  
Rolling Green Village, 1 Hoke Smith Blvd.  
Greenville, 29615

LifeWise members are invited to “Breakfast with Santa,” a beautiful Christmas Brunch at Rolling Green Village. In addition to wonderful food, they’ll have special music, complimentary pictures and the best “surprise” visitor of all!

**Reservations are required. Please call Ruth Wood at 854-987-4612.**

---

**Bob Jones University Trombone Choir Concert**

**TUESDAY, DECEMBER 13, 11:00 AM**  
Rolling Green Village, 1 Hoke Smith Blvd.  
Greenville, 29615

Enjoy a special Christmas concert with the unique sounds of the Bob Jones University Trombone Choir. As guests of Rolling Green Village, a good time is a guarantee!

**Reservations are required. Please call Ruth Wood at (854) 987-4612.**

---

**Passport on a Plate**

**TUESDAY, NOVEMBER 1, 6:00 PM**  
KITCHEN SYNC  
1609 Laurens Rd., Greenville, 29607  
568-8115 • kitchen sync greenville.com

**TUESDAY, DECEMBER 6, 6:00 PM**  
CITY RANGE STEAKHOUSE  
615 Haywood Rd., Greenville, 29607  
568-8115 • cityrange.com

**TUESDAY, JANUARY 3, 6:00 PM**  
PORTOFINO’S  
30 Orchard Park Dr., Greenville, 29615  
627-7706 • locu.com

**Meet and Eat**

**TUESDAY, NOVEMBER 22, 11:30 AM**  
LIBERTY TAP ROOM  
941 S Main St., Greenville, 29601  
864-770-7777 • libertytaproom.com/menu

**TUESDAY, DECEMBER 6, 6:00 PM**  
LIBERTY TAP ROOM  
941 S Main St., Greenville, 29601  
864-770-7777 • libertytaproom.com/menu

**NO MEET & EAT IN DECEMBER**

---

Pre-registration (with LifeWise) for Meet & Eat and Passport on a Plate is required due to limited seating in the restaurants. We cannot accept walk-ins. Please call & let us know if you must cancel so that we can contact the restaurant to reduce the number of guests expected. Call 864-675-4303 or 864-449-3670.
Celebrating the Beauty & Miracle of Christmas!

FRIDAY, DECEMBER 9 • TD CONVENTION CENTER BALLROOM
One Exposition Drive, Greenville 29607

11:00 AM Check in, Mix & Mingle
11:30 AM Doors Open, Program Begins
11:45 AM Welcome & Blessing

The joys of fellowship await you as together we’ll celebrate the beauty and joys of the Christmas Holiday season! Join your friends and fellow LifeWise members for the celebration we all look forward to every year – the dazzling LifeWise Christmas Luncheon!

Don’t miss our time to Mix & Mingle in the pre-function area, sipping warm apple cider, catching up with friends and making new ones. Having you at this amazing party filled with fun and good cheer is what makes it so wonderful.

As a memento of this special occasion, our generous sponsor Orianna Health Systems will give you the opportunity to have your photograph professionally taken and printed - ready to take home. Wear your favorite Christmas holiday tie, sweater or outfit for this added treat in the pre-function area during the Mix & Mingle.

When the doors open to the beautifully decorated ballroom filled with Christmas magic, we’ll see a very special slide show created by Sal Tesi, a member of the Shutter Bugs. We’ll enjoy a delicious lunch and have special musical entertainment - sure to please! You’ll also have a chance to take home a wonderful door prize generously donated by many Greenville area merchants, our Senior Services community supporters and other LifeWise benefactors.

Pre-registration is REQUIRED! Your payment must be received by the end of the day, December 5! We are unable to take reservations after that day.

If your spouse or friend is not a LifeWise member, give them a LifeWise membership as an early Christmas gift and bring them to the party!

(A Vegetarian entrée is available at your request when you pre-register. Please let us know! No substitutions can be made.)

FREE parking & a convenient drop off at the Ballroom entrance on Exposition Drive.

For detailed pricing, itineraries and other travel information, contact Henry Dennis at hdennis@aaacarolinas.com or call 864-675-4303 and we can mail one out to you.

12:00 PM Lunch is Served
12:45 – 1:30 PM Entertainment & Door Prizes

Join us for the Annual LifeWise Christmas Luncheon

The Joy of Giving!

Share in the joy of giving and support Healthy Community Initiatives by bringing non-perishable food items, which may include boxes or bags of cereal, rice, pasta, dried beans, jars of peanut butter & jelly, pasta sauce, mac ’n cheese, etc. Your generous gifts will be distributed with love to many underserved families in our community. In return for your donation, you’ll receive a distinctive ticket for a separate drawing to win a wonderful gift.

This Christmas give the gift of health & wellness to your spouse and/or a friend – give a LifeWise membership! Memberships are great stocking stuffers.

A Vegetarian entrée is available at your request when you pre-register. Please let us know! No substitutions can be made.

A Celtic Christmas!

THURSDAY, DECEMBER 15

This special day will begin with a stop to shop at “A Day in the Country,” a lovely historic old home converted into a unique boutique offering ‘one of a kind gifts.’ You’ll browse through 10,000 square feet of gifts, cards, fashion accessories and made in USA home decor. A great stop for those “last minute” Christmas gifts! Our next stop will be the Flat Rock Wood Room where we’ll enjoy a delicious lunch.

Following lunch we’ll have a brief ride to the Flat Rock Playhouse, Downtown Hendersonville to experience “A Celtic Christmas.” From the western shores of Ireland to the Great Glen Highlands of Scotland, the people of the British Isles have been infusing Christmas carols with their unique Celtic sound for more than a millennium. The Playhouse Downtown will be transformed with mid and candlelight for three singer/storytellers and a group of unique musicians who will ignite the Christmas spirit within you.

$67 pp (All Inclusive)
Price includes motorcoach transportation departing at 9:15 am from the St. Francis Millennium MOB parking lot (2 Innovation Drive, Greenville, 29607), lunch with gratuity, show admission, and taxes.

Space is limited - please register promptly!

2017 Collette Travel Destinations

MAY 25 – JUNE 3, 2017 Switzerland, Austria & Bavaria

OCTOBER 3 – 10, 2017 Islands of New England
featuring National Parks & Historic Trains

2017 Collette Travel Destinations

For detailed pricing, itineraries and other travel information, contact Henry Dennis at hdennis@aaacarolinas.com, 704-319-0280, ext. 14811. LifeWise has a limited supply of travel brochures. Please contact us at LifeWise@bshsi.org or call 864-675-4303 and we can mail one out to you.

ST. FRANCIS LIFEWISE | WISE WORDS
NOVEMBER-DECEMBER 2016 | 13
A New Look for the Bon Secours St. Francis Web site:

Visit our website at bonsecours.com/lifewise.

- You’ll see information about LifeWise membership and you can direct people you’ve recruited to complete the membership application and complete the payment process.
- You can download the LifeWise newsletter wisewords.
- You’ll also be able to register more than one person at a time for any of the events as you register yourself. Just click the + (plus sign) next to the number of participants to change it.
- You will have to register for one event at a time. There is no shopping cart at this time, but we’re hoping that will change.

**Member Milestones**

Marie Talley celebrated her birthday, September 17 while on a cruise to Cape Cod & the Islands of New England accompanied by her daughter Ann Yax.

**Save the Date! Wise Wanderers – Collette Vacations**

**WEDNESDAY, JANUARY 18, 2017, 2:00 – 3:00 PM**
Islands of New England
St. Francis Millennium MOB
Community Education Classroom
2 Innovation Drive, Greenville, 29607

Join us for this presentation featuring a wonderful trip with Collette Vacations traveling to the Islands of New England, October 3-10, 2017. You’ll see and hear all about this very special journey highlighting the natural beauty and traditional charm of New England. Your hosts will be Jeremy Kincheloe, District Sales manager – Western Carolinas, Collette Vacations, and Henry Dennis, AAA Carolinas, our LifeWise contact person & travel liaison for Collette trips. Come and enjoy a slide presentation of the itinerary for this exciting trip.

**FREE**
Pre-registration is required.
Non-LifeWise members welcome.

Don’t forget to invite a travel buddy and bring your calendar! For directions to the Medical Office Building go to www.bonsecours.com/Greenville/find-a-facility.

**ST. FRANCIS LIFEWISE | WISE WORDS**

**DATE** | **EVENT** | **QTY** | **PRICE** | **TOTAL**
--- | --- | --- | --- | ---
Nov 1 | Passport on a Plate – Kitchen Sync | | | 
Nov 8 | ELECTION DAY – CAST YOUR VOTE! | | | 
Nov 9 | BINGO – Rolling Green Village | | FREE | 
Nov 14 | AARP Smart Driving Class / AARP member | | $15 | 
| | Box Lunch – sandwich, chips, fruit, cookie, bottled water | | $10 | 
Nov 14 | AARP Smart Driving Class / Non AARP member | | $20 | 
| | Box Lunch – sandwich, chips, fruit, cookie, bottled water | | $10 | 
Nov 22 | Meet & Eat / Liberty Tap Room | | Dutch | 
Nov 24 | HAPPY THANKSGIVING! | | | 
Nov 29 | Brookdale’s BrainFit | | FREE | 
Dec 1 | Understanding the Basics of Medicare | | FREE | 
Dec 2 | Senior Christmas Giving | | FREE | 
Dec 6 | Passport on a Plate – City Range Steakhouse | | Dutch | 
Dec 7 | Sugar Busters... “Who You Gonna Call?” | | FREE | 
Dec 9 | LIFEWISE ANNUAL CHRISTMAS LUNCHEON | | $18 pp | 
Dec 13 | Balancing Your Life Not Just Your Checkbook | | FREE | 
Dec 14 | BINGO – Rolling Green Village | | FREE | 
Dec 15 | Trip - Flat Rock Playhouse, “A Celtic Christmas” | | $67 pp | 
Dec 16 | HeartSaver CPR & First Aid | | $10 | 
Dec 25 | WISHING YOU A VERY MERRY CHRISTMAS! | | | 
Jan 1 | HAPPY NEW YEAR 2017! | | | 
Jan 3 | Passport on a Plate – Portoﬁno’s | | Dutch | 
Jan 17 | Lunch & Learn / Dr. Kathleen Woschikolup / Parkinson’s Disease | | $8 | 

**TOTAL**

**PAYMENT** Please do not send cash.

- Check # 
- Credit Card # 
- Expiration Date: / 
- 3 digit number 
- REQUIRED

**NAME** * ________________________________
**ADDRESS** * ________________________________
**CITY/STATE/ZIP** * ________________________________
**PHONE** * ________________________________
**EMAIL** * ________________________________

**ST. FRANCIS LIFEWISE | WISE WORDS**

**NOVEMBER-DECEMBER 2016**

**ST. FRANCIS LIFEWISE | WISE WORDS**

**NOVEMBER-DECEMBER 2016**