

The email below contains classes offered through Prevention Partners in the coming months. This message is being forwarded to you at the request of Prevention Partners.

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Greetings from Prevention Partners!

The following classes will be offered during the winter of 2012. Some are free and some are not.

**Please register at the link provided for each class or by calling 803-343-8587!**

#### **Teen Beginner I Shag Lessons**

Instructors: Ann and Dan Humphries

Cost: \$25/person for 4 weeks

Day/Times: T, 5:30 – 6:30 PM

Four week class begins May 1. Come learn the state dance of South Carolina! Introduction to the SC State Dance to include: the male & female basic steps, turns, "belly roll", shag history and etiquette, as well as fun and exercise. Ann and Dan have over 20 year's shag dance experience teaching and conducting workshops and demonstrations. **Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com) or by calling the EFLC at 343.8587.** Minimum of 20 participants pre-registered and paid to hold the class. Registration deadline: One week prior to start of class.

#### **Fight Like a Girl Self Defense**

Instructor: Dr. Ed Carney

Cost: \$5/prepaid by April 12, 2012

Day/Times: Th, 6:00 – 9:30 PM

One day class offered April 19. Very important class that every woman should take! Learn how to defend yourself from a real threat; grab of the hair, neck or arm; a bear hug; a knock down and other common attacks. Dr. Carney trains Richland County Police officers and he can train you! **IMPORTANT:** Wear comfortable clothing, bring snacks to keep up your blood sugars and Advil if you are not used to activity. Class is for women only! **Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com) or by calling the EFLC at 343.8587.** Minimum of 25 participants pre-registered and paid to hold the class.

**Stress – what stress? Lunch & Learn**

Instructor: Leanne Thompson, MS

Cost: FREE

Day/Times: Th, *12noon – 1:00 PM*

One day class offered February 2. Are your finances, a job situation or your family life creating stress? Reducing your stress can positively affect your health. Learn some coping strategies to reduce stress in your life. Bring a bag lunch for this timely lunch and learn. Dessert will be provided. Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com) or by calling the EFLC at 343.8587. Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

**Caring for Your Aging Parents Lunch & Learn**

Instructor: Leanne Thompson, MS

Cost: FREE

Day/Times: T, *12noon – 1:00 PM*

One day class offered March 13. Caring for your Aging Parents can be stressful and frustrating at times. This program will help you understand and cope with issues facing your aging parents. Learn ways to avoid care giver burnout and learn about valuable resources to help you care for your loved one.

Bring a bag lunch for this timely lunch and learn. Dessert will be provided. Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com). Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

**Aging Gracefully: Longevity Planning for Women Lunch & Learn**

Instructor: Amy Landers May, Attorney at Law

Cost: FREE

Day/Times: Th, *12noon – 1:00 PM*

One day class offered March 22. An informative class for all women! Join us as we learn about estate planning documents, how to prepare for long term care and the other top ten ways women can learn to age gracefully! Lunch is provided if you pre-register by March 15. Register online at

[www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com). Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

**Funding Long Term Care Lunch & Learn**

Instructor: Amy Landers May, Attorney at Law

Cost: FREE

Day/Times: T, *12noon – 1:00 PM*

One day class offered April 10. Ever wonder what your options are for long term care, how do you qualify? Join this informative class where we will learn about Medicare, Medicaid, VA Benefits and Long Term Care Insurance. Lunch is provided if you pre-register by April 3. Register online at

[www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com). Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

**Risk Factors for Heart Disease**

Instructor: Charwyn Wyndham, BSN Cardiac Rehabilitation Palmetto Health

Cost: FREE

Day/Times: T, *12noon – 1:00 PM*

One day class offered February 21. The American Heart Association states that over 7 million Americans have suffered a heart attack in their lifetime. Are you at risk? Don't be a statistic! Learn what factors you can control to lower your risk for heart disease. Bring your lunch and learn from a cardiac rehab nurse.

Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com). Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

**Living with Diabetes**

Instructor: Ramsey E. Makhuli, MPH

Cost: FREE

Day/Times: Th, *12noon – 1:00 PM*

One day class held March 29. American Diabetes Alerts Day is March 27. However we should *always* be on the alert for Diabetes, since it has been declared an international epidemic! Come and learn about living with Pre-Diabetes, Diabetes, Risk Factors and ways to manage and/or prevent developing either condition.

Bring your own lunch and be prepared to do some light physical activity. Register online at [www.estepfamilylifecenter.com](http://www.estepfamilylifecenter.com). Minimum of 10 participants pre-registered to hold the class.

Registration deadline: One week prior to start of class.

Cindy Woods<><

Recreation Minister

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