



USCL HEALTH SERVICES

HEALTH & WELLNESS WORKSHOPS

All workshops are open to the public and free of charge.

Date/Time	Event	Location
Thursday August 4th 6pm	"FOOT HEALTH" Dr. Harris of Carolina Podiatry will be discussing the importance of Proper foot care	Workshop will take place at the Diabetes Education Clinic at the Carole Ray Dowling Building located at 509 Hubbard Drive.
Tuesday August 9th 10 am	"Accepting Change and Setting Goals" Teresa Gregory Ormand will help you put steps in place to achieve your goals!	Workshop will take place in the in the kitchen at the Carole Ray Dowling building located at 509 Hubbard Drive.
Thursday August 11th 10 am -2pm	Free Blood Pressure and Blood Sugar Testing!	Testing will take place at the Gregory Health and Wellness Center located at 512 Hubbard Drive
Tuesday August 16th 10 am	Exercise Infomercials Reviewed. Join us as discover which products work and which don't!	Workshop will take place at the Diabetes Education Clinic at the Carole Ray Dowling Building located at 509 Hubbard Drive.
Tuesday August 16th 10 am -2pm	Canning Class Presented by the Clemson Extension	Workshop will take place at the Diabetes Education Clinic at the Carole Ray Dowling Building located at 509 Hubbard Drive.
Thursday August 18th 10 am	Dietary Recall Food Diaries will be reviewed	Workshop will take place in the in the kitchen at the Carole Ray Dowling building located at 509 Hubbard Drive.
Tuesday August 30th 10 am-2pm	Free Blood Pressure and Blood Sugar Testing!	Testing will take place at the Gregory Health and Wellness Center located At 512 Hubbard Drive.

CONTACT USCL HEALTH AT 803-313-7450 OR EMAIL PAMELA GIARDIELLO AT giardiel@mailbox.sc.edu FOR MORE INFORMATION