



Sick on the Weekend? After Hours Care is Here

It's happened to us all - it's 4:00 pm on Friday afternoon and you start feeling sick. What to do? Suffer through the weekend and wait until Monday for a doctor's visit? Chance an expensive visit to the ER? Go to an urgent care center and see a doctor you don't know?

Now there's a better option: After Hours Care @ Cross Creek. Conveniently located in Cross Creek Medical Park at the intersection of Faris Road and Grove Road in Greenville, this extended hours care offers primary care with the same top-quality, respected St. Francis doctors that you know and trust.

After Hours Care treats minor illnesses and injuries and is open Saturdays from 9:00 am - 6:00 pm and Sundays from 10:00 am - 6:00 pm. No appointment is necessary - simply walk in and feel better.

One of the greatest benefits of After Hours Care is that it is staffed by a rotation of Primary Care and Internal Medicine physicians from the Bon Secours Medical Group. That means you know you'll receive quality care from physicians that the Upstate has trusted for generations.

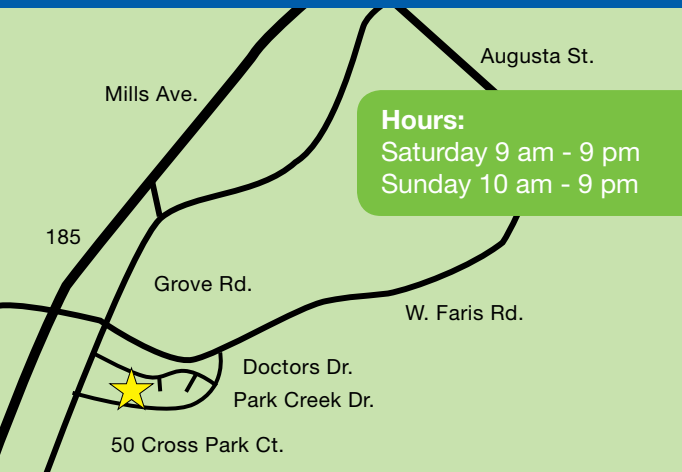
To learn more about After Hours Care @ Cross Creek, including maps and directions, visit us online at www.stfrancishealth.org/afterhours. See the back page for a list of all physicians who are members of the Bon Secours Medical Group.

You don't have to wait until Monday

Introducing

Bon Secours Medical Group

After Hours Care @ Cross Creek



Hours:
Saturday 9 am - 9 pm
Sunday 10 am - 9 pm

Save Energy (and money!) This Summer

Hot summer days usually mean constant air conditioning and high electric bills. This summer, try a few tactics to keep your home cool and your electricity usage lower:

- Block the sun. If you have working shutters on your home, try closing the shutters on windows that get the most sun. If you don't have shutters, close your blinds and draw the curtains during the hottest part of the day to minimize the sun's heat.
- Try using fans. For maximum effectiveness, create a cross breeze by using two fans - one each in separate open windows. A one mile-per-hour breeze can make you feel four degrees cooler. And don't forget your ceiling fans! They can cool a room by six-seven degrees at full speed.
- Cool down appliances. Try not to use the oven, clothes dryer, or the dishwasher's drying setting during the heat of the day.

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Health & Wellness

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Events & Registration

Lunch & Learn

Tuesday, July 20

Autoimmunity and You

Carolina First Center
11:15 am – 1:00 pm

The human immune system is often taken for granted; but protects us from external threats such as viruses and fights for us when bacteria want to cause infection. Sometimes our immune system can become over-reactive and attack our body from within, – examples of this occurrence are Rheumatoid Arthritis and Lupus.

Discussion will be on symptoms, diagnosis and treatment options for various autoimmune diseases, including Fibromyalgia. Dr. Hill will not only focus on the clinical side of the disease processes, but will also offer lifestyle tips to help in managing the discomfort of these diseases.



Geneva L. Hill, MD
Piedmont Arthritis Clinic, PA

All Lunch & Learns:
\$6 per person

*Registration and payment required by check or credit card by the Friday before event.
LifeWise members only. Members may invite a guest to attend one Lunch & Learn.
Cancellations must be made by the Friday before in order to transfer payment or receive refunds.*

Tuesday, August 17

The Function and Malfunction of the Thyroid

Carolina First Center
11:15 am – 1:00 pm

The thyroid gland is shaped like a butterfly and is located in the front of your neck. Your thyroid gland may be small, but it affects your entire body by regulating the body's metabolism.

Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment to life-threatening cancer. We'll learn about several common problems that can occur with the thyroid and functions and dysfunctions of the thyroid gland.

Most thyroid problems can be managed well if properly diagnosed and treated. Our discussion will include treatment options.



Joseph R. Millican, MD
Carolina Surgical Associates

Wednesday, July 7

CPR (Cardio Pulmonary Resuscitation)

ST. FRANCIS eastside, classroom 301

9:00 am – Noon

Have you ever wondered what you would do if a friend or loved one collapsed and was unable to breathe? Be prepared for an emergency! Be a lifesaver! Plan to attend this vitally important American Heart Association class that covers the basics of CPR (cardiopulmonary resuscitation) including lessons on how to recognize the symptoms of choking, heart attack and stroke. It will also include instruction on choking relief techniques, emergency resuscitation and rescue breathing for infants, children and adults. Invite a friend and learn together how to respond if faced with any of these emergency situations.

\$20 per person

Registration is required. Class sizes are limited. Please call 675-4400. All registrations will go through this number. Mention that you are a LifeWise member.

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Wednesday, July 14

Chocolate, Red Wine, Almonds & Me

Temple of Israel

1:00 - 2:30 pm

Chocolate, red wine, almonds.....add a great movie and box of tissues and it sounds like a check list for a girl's movie night!

Don't let the title fool you, all of these foods have a "super" quality that offer great health and nutritional advantages to our aging cells. Many food items contain phytochemicals that offer numerous health benefits and are important to add to our daily eating plan.

Join us as we learn about the advantages of healthy eating, and enjoy samples of some of these "super foods."



Karen Schwartz, MS, RD, LD
Bon Secours St. Francis Health System

FREE *Please register if you plan to attend.*

Coffee Talk

Wednesday, August 25

Multi-Cultural Services at St. Francis

ST. FRANCIS eastside, Classroom 301

9:30 – 10:30 am

This presentation will focus on the importance of healthcare providers offering access to qualified interpreters for patients with limited English skills and the hearing impaired.

An introduction to the communication tools used at St. Francis will be demonstrated as well as the dangers of using untrained family members or children as interpreters. Don't miss this chance to learn about these services that are so important to our patients.



Julia E. Tate
Interpreting and Translations Coordinator
Patient Relations Department,
Bon Secours
St. Francis Health System

FREE

Please register in advance.

Get Fit!

Wednesdays

ZUMBA Gold

New location! Temple of Israel
400 Spring Forest Drive
10:00 – 11:00 am

Join in on the fun with ZUMBA Gold, the “feel-happy” workout just for seniors, based on the principle that a workout should be fun and easy to do. Put on your most comfortable “dancing” shoes, bring a friend, and come give it a try. Your first class is complimentary.

Cathy Doyle

Certified Zumba Gold Instructor

\$5 per class or
\$45 for 10 classes

Mondays

Yoga for Osteoporosis

ST. FRANCIS eastside
Rehab Gym, 3rd Floor
11:00 am – Noon

Osteoporosis, a condition that causes fragile bones, can cause people to experience hip, wrist and spine fractures, often from minor falls. The good news about osteoporosis? It’s preventable! Yoga is one way to ward off osteoporosis. Consistent practice of yoga can actually increase bone density and help improve posture and coordination, strengthen muscles, increase flexibility and promote better balance.

Instructor Suzanne Spitzer, RYT, is a Certified Iyengar Yoga teacher and has been teaching yoga for more than nine years. Registration is required. Call 675-4656.

\$10 per class or
\$45 for 5 classes.

Checks payable to St. Francis Hospital.

Tuesday, July 20

Hip & Knee Pain?

ST. FRANCIS eastside, Classroom 301
2:30 pm

If you are experiencing hip or knee pain, attend this free Hip and Knee seminar to learn about the causes of joint pain and strategies to get you moving, including our award winning Joint Camp program.

Renee VanArtsdalen

Physical Therapist

Bon Secours St. Francis Health System

FREE *Please call 864-213-4958 to register.*

Thursday, August 19

“Let’s Talk About Those Health Unmentionables!”

Carolina First Center
Light supper: 6:00 pm
Program: 6:30-7:30 pm

Don’t miss this great opportunity to hear from two physicians who specialize in health issues that people most often don’t like to talk about. This informative program will teach us about symptoms, screening and treatment for fecal incontinence and colon cancer.

You’ll also learn how to keep your bladder and bowels in good shape, reduce bladder infections, and gain valuable information on when a situation calls for a patient to need surgery, as well as hear about the latest surgical techniques available to patients.



Shiraz Farooq, MD

Carolina Surgical Associates

T. Fleming Mattox, MD

Carolina Continence Center



FREE

Please register if you plan to attend.

Fitness

LifeWise Snails

Haywood Mall

Friday, July 16 & Friday, August 6 | 9:00 am

A walking group that walks at a “Snails” pace!

Line Dancing

Dance Ventures, B-102 Pelham Commons
Lower level at the Publix Shopping
Center on Pelham Road

Tuesday, July 27 | 11:45 am

Line Dancing is back! Sandra Hunnicutt of Dance Ventures will lead a free introductory class on July 27. Please note that the introductory class is not a beginner’s class – beginners should attend Beginners Jazz Class, offered at Dance Ventures on Thursdays at 1:00 pm. For more information, please visit www.danceventures.com or call the studio at 271-7701. Line Dancing will be a fee-based class.

Wise Wheelers

Friday, July 9 & Friday, August 13 | 9:00 am

Roll with the Wise Wheelers on the Swamp Rabbit Trail! Meet at Linky Stone Park in downtown Greenville.

Other Learning

Thursday, July 22

New Money Scams and How to Avoid Them

Temple of Israel | 10:00 – 11:30 am

Come and hear Amy Carrick of Carrick Consulting talk about the latest strategies on how to protect yourself from money scams and other financial risks.

FREE Please register if you plan to attend.

Hobbies

Page Turners

“The Living Room” at Homewood
Residence, 12 Boyce Avenue

Friday, July 9
9:30 – 11:00 am

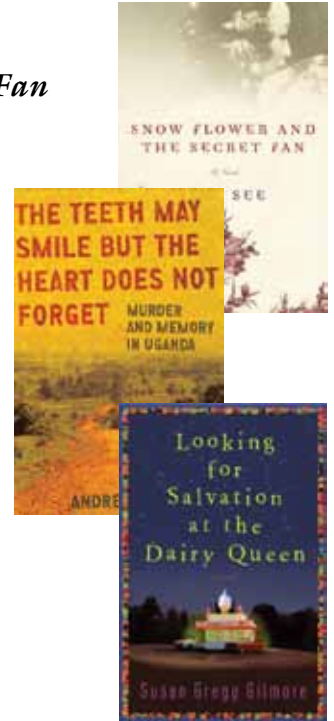
Snow Flower and the Secret Fan
by Lisa See

Friday, August 13
9:30 – 11:00 am

*The Teeth May Smile but the
Heart Does Not Forget*
Andrew Rice

Friday, September 10
9:30 – 11:00 am

*Looking for Salvation
at the Dairy Queen*
Susan Gregg Gilmore



Shutter Bugs

Temple of Israel

Wednesday, July 21 & Wednesday, August 18
1:30 – 2:30 p.m.

Jerry Hatley of Hatley Photography will discuss Macro photography and composition at the July 21 meeting. Topic TBD for the August meeting.

Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby, Wade Hampton Blvd, Greer

Thursday, July 15 | 10:00 am – 1:00 pm
Thursday, August 19 | 10:00 am – 1:00 pm

social scene



Thursday, July 29

Salute to Summer

Carolina First Center
4:00 pm – 8:00 pm

Don't miss the LifeWise annual Salute to Summer Spectacular! Put on your favorite summertime colors & comfy shoes and join us for some fun and fellowship while you enjoy a special evening with fellow LifeWise members and friends. We'll celebrate the sizzling South Carolina summertime with fun and games, great door prizes, a delicious "fiesta style" supper and extraordinary entertainment.

Entertainment this year will be **The Army Ground Forces Band**, who provides world-class music in support of the U.S. Army Forces Command headquartered at Ft. McPherson in Atlanta, GA. They serve as the musical ambassador of the American Combat Soldier to the American people, instilling pride in our troops and promoting a spirit of patriotism and support for our nation's military through the performance of music at the local, regional and national levels.

We will host **The Jazz Guardians**, an 18-member group whose primary mission is to maintain and promote Jazz, a uniquely American art form. The Jazz Guardians pay tribute to the big bands of yesterday by performing the music made popular by such greats as Duke Ellington, Count Basie, Glenn Miller, and Woody Herman. Demonstrating their great versatility, the group also performs the latest and most innovative sounds of today's most popular composers.

Guests are welcome to attend.

\$8 *Pre-registration is required. Your payment is your reservation.*

Meet and Eat

Tuesday, July 27

Pickwick Pharmacy
3219 Augusta St
11:30 am
www.thepickwick.net

Tuesday, August 24

Mary Beth's
500 E McBee Ave
11:30 am

Please register if you plan to attend.

Passport on a Plate

Tuesday, July 6

Pomegranate on Main
618 South Main Street
6:00 pm

Tuesday, August 3

Davani's
1922 Augusta St
6:00 pm
www.davanis.net

Tuesday, September 7

Peter David's
921 Grove Rd
6:00 pm

Please register if you plan to attend.

**July 8, July 20, August 2,
August 26 & September 6**

Greenville Drive Baseball

Fluor Field | 7:00 pm

Join LifeWise members and friends for some exciting baseball at Fluor Field.

\$8 *Please register if you plan to attend.*

Thursday, August 12

Laughing Matters

LivNNside Out

550 Brookwood Point Place, Simpsonville
11:30 am

Laughter really is the best medicine! Join other LifeWise members for an afternoon of bellyaching laughter from Comedian James Gregory. Gregory is deemed “the funniest man in America” and a master storyteller with insanely funny observations. All proceeds to benefit Diligent Hands...Gracious Hearts. Order tickets early! Space is limited.

\$15 *Pre-registration is required. Your payment is your reservation.*

Meet the Author

Tuesday, August 31

Temple of Israel
1:00 – 2:30 pm

Don't miss this opportunity to meet Greenville's very own Michael Cogdill, one of the most honored television storytellers in America. Michael has received numerous awards for his exemplary writing and reporting and can be seen each weeknight on WYFF 4. His awards include 24 Emmys and the most prestigious award in the field of broadcast journalism, the National Edward R. Murrow Award, for his feature story “The Star Who Fell.”

Michael will talk about his latest completed work, *She-Rain*, a novel that turns the notion of a love triangle into a firmament of hope. Taking on old challenges of race, class, and low expectations, this tale shines fine light on our present times.

Michael will have books available for autographs that you may purchase if you wish.

FREE *Please register if you plan to attend.*



trip takers



Tuesday, August 10

Pearl Fryar's Topiary Garden & McLeod's Peach Farm

We will travel to Pearl Fryar's Topiary Garden in Bishopville, SC and walk through the visually whimsical garden with its well-manicured, sculptural plant forms. Recognized by art and botanical enthusiasts, the garden is maintained year round by Mr. Fryar and his living vision of peace, love and goodwill. Learn more at www.pearlfryar.com.

After a lunch stop, we'll continue on to McLeod's Peach Farm and Market in McBee, SC. The McLeod's family operates one of the largest peach orchards in the area, growing 22 varieties on 650 producing acres.

We'll shop their unique collection of gift items and selection of hand-picked, fresh, delicious fruits and vegetables. You can sample McLeod's jarred goods before you take them home. Join us and see why “Life's A Peach” is more than a slogan for the McLeod family of McBee, SC! Learn more at www.MacsPride.com.

\$35 (Breakfast & Lunch on your own.)

*Pre-registration & payment required.
Your payment is your reservation.*

Upcoming Trips

September 29-30, 2010

Chattanooga, TN

\$330 pp dbl; \$385 single

October 27-28, 2010

Savannah, GA

\$360 dbl; \$410 single

Contact the LifeWise office for more information about these trips.



Friday, July 23

Currahee Military Museum, Toccoa & Alpine Helen, GA

Join us for a historical trip to Toccoa, Georgia, home of the Currahee Military Museum. Currahee Museum holds military history for local Veterans, Civil War, WWI and WWII. Focus in the museum is on the Paratrooper Infantry Regiment that trained at Camp Toccoa in the early 1940's. Over 17,000 men trained at the camp, which included the 506th, 501st 511th, 511th, 517th and 295th Ordnance Heavy Maintenance Company.



We'll also stop to see the 186-foot high Toccoa Falls. Toccoa, it is said, means "beautiful" in Cherokee. On November 6, 1977, 39 people were killed and 60 were injured in a flash flood when a dam upstream of the falls failed. There is a memorial to the victims of the flood at the base of the falls.

We'll enjoy lunch (Dutch) and a leisurely afternoon to walk and shop in Alpine Helen, GA. Helen is a re-creation of an alpine-Bavarian-style village on the headwaters of the Chattahoochee River. Its quaint colorful gingerbread and mural painted shops on cobblestone streets line downtown Helen. Family and friends are welcome to join us.

\$50 (Lunch on your own)

*Pre-registration & payment required.
Your payment is your reservation.*

Thursday, July 15 & August 5

Diversity in Greenville Faith Communities Tours

9:00 am – 3:30 pm

The diversity in our Greenville faith communities greatly complements our community and we believe it's very important to understand our differences and our sameness.

Don't miss this two-day experience and this extraordinary opportunity to visit a number of different faith communities, learn more about them and gain a better understanding of their history and commitment.

Transportation will be provided to all stops and we'll have a light mid-day lunch. You can register for one day or both. LifeWise members only. Space is limited.

FREE (includes lunch)

Please register if you plan to attend.



Monday, July 12 & July 26

BMW Tours

**July 12, 10:00 am
July 26, 1:00 pm**



In September 1994, the first BMW vehicle rolled off the line from the Greer, SC plant. Since then, our local BMW facility has

produced five different vehicles: the BMW 318i, the Z3 and Z4 roadsters, the BMW X5 Sports Activity Vehicle and the X6 Sports Activity Coupe. BMW has expanded the plant five times, including the current \$750 million expansion to add 1.5 million square feet.

As of 2009, BMW has invested \$4.2 billion in South Carolina and employs about 5,000 people. The total economic output associated with BMW's annual economic activities is more than \$8.8 billion in South Carolina.

Plan to join LifeWise to tour this phenomenal facility and see first hand BMWs being made! Space is limited.

\$7 *Pre-registration & payment required.
Your payment is your reservation.*

Tuesday, July 13

“A Portrait of Greenville” Exhibit and Lunch

Greenville County Museum of Art
420 College St
11:00 am – Noon

“A Portrait of Greenville” brings together several projects representing Greenville that have been completed for the past twenty-five years. It features new works by artists such as Andrew Lenaghan and John Moore, as well as those by Southern artists Edward Rice, William McCullough, and Tim Barnwell. The exhibition celebrates the 25th anniversary of the annual Museum Antiques Show, which has raised millions of dollars in support of Greenville’s acclaimed collection of American and Southern art. Lunch at the Palmetto Bean will follow the tour.

\$7 Please register if you plan to attend.

Wednesday, August 11

Wise Wanderers

Temple of Israel
1:00 -2:30 pm

We’re planning our 2011 adventures! Learn more as Connie Fortanbary from Collette Vacations highlights an exciting travel destination, and one of the most fascinating cities in the world, Beijing, China.

FREE

Please register if you plan to attend.

members’ corner



Wedding Anniversaries

- 1 Lil & Fred Copeland celebrated 30 years on May 17
- 2 Lena & Johnny Black will celebrate 50 years on August 1

Congratulations to these wonderful couples!

Tuesday, August 24

A Celebration of Life - Service of Remembrance

Westminster Presbyterian Church - Fellowship Hall
2310 Augusta Street
5:30-7:00 pm

Because we loved,
there will be tears.
Because we laughed,
there will be memories.
Because they lived,
there will still be joy.

You are invited to attend a special Service of Remembrance when we will honor and celebrate the lives of LifeWise members and St. Francis Volunteers who have passed away. Join us with family members and friends as we express our joy for having had them in our lives. A reception will immediately follow the service.

Help Our Soldiers Call Home!

More than 200,000 U.S. troops are serving overseas and are away from their families. LifeWise and Cell Phones for Soldiers are calling on YOU to support these brave men and women by donating your unused cell phones. Cell Phones for Soldiers hopes to collect over 50,000 cell phones this year to help keep troops connected with their families.

Look for the donation station at “Salute to Summer” on July 29. Cell Phones for Soldiers is recognized as a 501(c) (3) charity organization by the IRS. Donation receipts will be available at the event.

PLEASE NOTE: To protect your privacy, remove the phone’s SIM card (if it has one) and erase your address book, photos, messages and other stored information. For easy-to-follow instructions on how to do this, go to www.recyclewirelessphones.com and click on the “Data Eraser.”

events recap

health & wellness

CPR

Wednesday, July 7
9:00 am-Noon
St. Francis eastside
Call 675-4400 to register

Chocolate, Red Wine, Almonds & Me

Wednesday, July 14
1:00 – 2:30 pm
Temple of Israel

Lunch & Learn

Tuesday, July 20
11:15 am – 1:00 pm
Carolina First Center

Tuesday, August 17
11:15 am – 1:00 pm
Carolina First Center

New Money Scams

Thursday, July 22
10:00 – 11:30 am
Temple of Israel

Line Dancing

Tuesday, July 27
11:45 am
Dance Ventures

Health Unmentionables

Thursday, August 19
6:00 – 7:30 pm
Carolina First Center

Coffee Talk

Wednesday, August 25
9:30 am – 10:30 am
St. Francis eastside

Wise Wheelers

Friday, July 9, August 13
9:00 am
Linky Stone Park

Zumba Gold

Wednesdays
10:00 – 11:00 am
Temple of Israel

club life

Page Turners

Friday, July 9, August 13
9:30 – 11:00 am
Homewood Residence

Shutter Bugs

Wednesday, July 21,
August 18
1:00 – 2:30 pm
Temple of Israel

Cut It Out

Thursday, July 15,
August 19
10:00 am – 1:00 pm
Hobby Lobby –Greer

LifeWise Snails

Friday, July 16, August 6
9:00 am
Haywood Mall

social scene

Greenville Drive

Thursday, July 8
Tuesday, July 20
Monday, August 2
Thursday, August 26
Monday, September 6

Salute to Summer

Thursday, July 29
4:00 – 8:00 pm
Carolina First Center

Wise Wanderers

Wednesday, August 11
1:00 – 2:30 pm
Temple of Israel

Laughing Matters

Thursday, August 12
11:30 am
LivNNSidout Wellness
Complex

Celebration of Life- Memorial Service

Tuesday, August, 24
5:30 – 7:00 pm
Westminster
Presbyterian Church

Meet the Author

Tuesday, August 31
1:00 – 2:30 pm
Temple of Israel

Meet & Eat

Pickwick Pharmacy
Tuesday, July 27
11:30 am
MaryBeth's
Tuesday, August 24
11:30 am

Passport on a Plate

Pomegranate on Main
Tuesday, July 6
6:00 pm
Davani's
Tuesday, August 3
6:00 pm

Peter David's
Tuesday, September 7
6:00 pm

trip takers

BMW Tour

Monday, July 12
10:00am
Monday, July 26
1:00 pm

Greenville County Museum of Art

Tuesday, July 13
11:00 am – Noon

Diversity in Greenville Faith Communities Tour

I. Thursday, July 15
II. Thursday, August 5
9:00 am – 3:30 pm

Military Museum & Helen, GA

Friday, July 23

Pearl Fryar's Topiary Garden & McLeod's Peach Farm

Tuesday, August 10

Save the Date

Trip to Chattanooga, TN
September 29-30, 2010*

Shutter Bugs Photography Exhibition
October 1, 2010

Trip to Savannah, GA
October 27-28, 2010*

Answers to the "What Ifs" in Your Future
November 18, 2010

* Call or email the LifeWise office for trip information.

registration

1. Indicate events you'd like to attend, and add your name, address and other information as shown.
2. For events that require payment, you may pay by cash, check or credit card. Please submit with this form.
3. **Once complete, mail form and payment to: St. Francis LifeWise, 1 St. Francis Drive, Greenville, SC 29601.**

Date	Event	Qty	Price	Total
July 6	Passport on a Plate		DUTCH	
July 8	Greenville Drive		\$8	
July 12	BMW Tour I		\$7	
July 13	Greenville County Museum of Art		\$7	
July 14	Chocolate, Red Wine, Almonds & Me		FREE	
July 15	Diversity in Greenville Faith Tour I		FREE	
July 20	Lunch & Learn		\$6	
July 20	Greenville Drive		\$8	
July 21	Shutter Bugs		FREE	
July 22	New Money Scams		FREE	
July 23	Currahee Military Museum & Helen, GA		\$50	
July 26	BMW Tour II		\$7	
July 27	Meet & Eat		DUTCH	
July 27	Line Dancing		FREE	
July 29	Salute to Summer		\$8	
August 2	Greenville Drive		\$8	
August 3	Passport on a Plate		DUTCH	
August 5	Diversity in Greenville Faith Tour II		FREE	
August 10	Topiary Garden & Peach Farm		\$35	
August 11	Wise Wanderers		FREE	
August 12	Laughing Matters		\$15	
August 17	Lunch & Learn		\$6	
August 18	Shutter Bugs		FREE	
August 19	Health Umentionables		FREE	
August 24	Meet & Eat		DUTCH	
August 24	Celebration of Life Memorial Service		FREE	
August 25	Coffee Talk		FREE	
August 26	Greenville Drive		\$8	
August 31	Meet the Author		FREE	
September 6	Greenville Drive		\$8	
September 7	Passport on a Plate		DUTCH	
			TOTAL	\$ _____

Name _____

Phone _____

Address _____

City/State/Zip _____

Guests _____

Cash Check # _____

Credit Card # _____

Exp Date _____ 3-Digit Code _____

Bon Secours Medical Group

“Bon Secours” (good help) – these words have always been more than a name for our health ministry. They are an ever-present reminder of our heritage and our call to serve. Here in the Upstate, since 2000, the words Bon Secours have also come to mean hospitals and community services that offer a special level of excellence and caring, compassionate staff.

Now, those words will also designate the network of our affiliated physician partners and medical practices – the Bon Secours Medical Group. This name directly links these doctors and their practices to the quality and mission of Bon Secours St. Francis Health System.

This network has had tremendous growth over the last several years. As we introduce the Bon Secours Medical Group, it includes 30+ different practices; 146 physicians and 800+ staff members. Each of these medical practices will keep their own identity and name but also now be identified as a member of the Bon Secours Medical Group.

For more info visit:
www.stfrancishealth.org/bsmg

CARDIOLOGY

Easley

Upstate Cardiology
864-859-9855

Greenville

Upstate Cardiology
864-235-7665

Simpsonville

Upstate Cardiology
864-235-7665

CARDIOVASCULAR SURGERY

Greenville

Vascular Surgery Associates
864-255-1834

St. Francis Cardiovascular
& Thoracic
864-255-1317

FAMILY PRACTICE/ INTERNAL MEDICINE

Anderson

Cornerstone Family Medicine
864-328-8011

Easley

Family Practice Associates
of Easley
864-306-9661

Powersville Family Practice
864-295-2500

Greenville

Carolina Internal Medicine
864-271-3930

Center for Adult and
Family Medicine
864-627-1220

Internal Medicine
& Diagnostics
864-295-1750

James C. Mensone, MD
Family Practice
864-297-4093

Milestone Family Medicine
864-297-6010

Poinsett Family Practice
864-271-9773

Premier Family Medicine
864-286-9050

Woodward Medical Center
864-242-4122

Marcela Young, MD
864-365-0100

Piedmont

Piedmont Family Practice
864-845-3331

Simpsonville

Hillcrest Family Practice
864-963-1548

Holly Tree Family Practice
864-297-7091

Simpsonville Family Medicine
864-527-8600

Taylors

Taylors Family Medicine
864-268-1119

Travelers Rest

Gateway Family Medicine
of Travelers Rest
864-834-4151

Travelers Rest
Internal Medicine
864-834-7834

HAND SURGERY

Greenville & Anderson

John P. Evans, MD
864-370-8384

OBSTETRICS / GYNECOLOGY

Clemson

Upstate OB/GYN
864-654-9053

Greenville

Carolina Women's Health
864-382-4000

Highlands Center for Women
864-675-1190

Upstate OB/GYN
864-271-9780

ONCOLOGY/ HEMATOLOGY

Greenville

Upstate Oncology Associates
(Hematology/Oncology/Transplant)
864-546-3699

ORTHOPAEDICS

Greenville

Piedmont Orthopaedic Assoc
864-234-7654

Powersville / Easley

Foothills Orthopaedics
& Sports Medicine
864-295-1231

PULMONARY

Greenville

Palmetto Pulmonary
& Critical Care
864-233-8063

SPORTS/EXERCISE MEDICINE

Greenville

Sports & Exercise Medicine
Center
864-365-0115

GENERAL SURGERY

Greenville

Associates in General Surgery
864-232-8118

Carolina Surgical Associates
864-233-4349

John Carey, MD
864-269-9899

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