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## Prostatic Urethral Lift with Dr. D'Angelo

By Amy Sexson

We are looking at a paradigm shift in the way urologists treat benign prostatic hyperplasia (BPH). Otherwise known as an enlarged prostate, it affects 40 million men a year. For the last year and a half, a procedure called Prostatic Urethral Lift has been used by urologists in Florida to help improve the quality of life of men. Dr. Michael D'Angelo is a urologist performing this procedure at Heart of Florida Regional Medical Center in Davenport. Of the 10,000 practicing urologists in the US, they are one of sixty named as a Center of Excellence in this procedure.

Dr. D'Angelo was born and raised in Iowa City, Iowa. From there, he earned a Bachelor of Science degree in biology and a medical degree from Creighton University in Omaha, Nebraska. He was a resident at Mayo Medical Graduate School in Rochester, MN. Dr. D'Angelo is a member of the Society of Laparoendoscopic Surgeons and the American Urological Society.

After launching two successful robotics programs at other hospitals, Dr. D'Angelo is excited to provide robotic assisted urological procedures here in Polk County. Heart of Florida was looking for a urologist that specializes in robotics and minimally invasive surgery. He says he was in the right place at the right time, and has been, "extremely happy ever since."

*- Continued on Page 5 -*



International Prostate Symptom Score (IPSS)

Patient Name: Today's Date:

Determine Your BPH Symptoms Circle your answers and add up your scores at the bottom.

Over the past month	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always
Incomplete emptying – How often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
Frequency – How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5
Intermittency – How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
Urgency – How often have you found it difficult to postpone urination?	0	1	2	3	4	5
Weak stream – How often have you had a weak urinary stream?	0	1	2	3	4	5
Straining – How often have you had to push or strain to begin urination?	0	1	2	3	4	5
Sleeping – How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	None 0	One Time 1	Two Times 2	Three Times 3	Four Times 4	Five or More Times 5
Add Symptom Scores:		+	+	+	+	+

Total International Prostate Symptom Score =

1 – 7 mild symptoms | 8 – 19 moderate symptoms | 20 – 35 severe symptoms  
Regardless of the score, if your symptoms are bothersome you should notify your doctor.

Quality of Life (QoL)

	Delighted	Pleased	Mostly Satisfied	Mixed	Mostly Dissatisfied	Unhappy	Terrible
If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?	0	1	2	3	4	5	6

Have you tried medications to help your symptoms?						Yes	No
---	--	--	--	--	--	-----	----

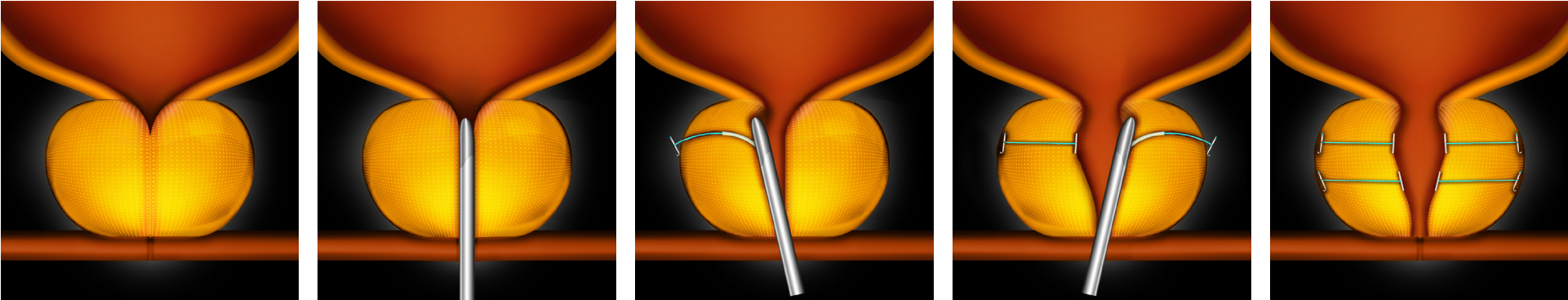
Did these medications help your symptoms? (circle)									
1	2	3	4	5	6	7	8	9	10

No ReliefComplete Relief

Would you be interested in learning about a minimally invasive option that could allow you to discontinue your BPH medications?						Yes	No
---	--	--	--	--	--	-----	----



# Prostatic Urethral Lift (PUL)



Through the urethra, a device delivers implants that hold back the enlarged prostate tissue. Once the implants are inserted, the delivery device is removed. The end result is a less obstructed urethra.

Dr. D'Angelo explained that men around age 50, can start having trouble with urination. They might get up at night more to go to the bathroom or have a weaker stream. As these problems progress, men can start to curtail normal activities because they're always in the bathroom or in the worst case scenario, it can completely shut down and they can't urinate at all. At that point, you would end up with a catheter.

Around age 60, 70% of men have these symptoms. At age 80, 90% of

men are suffering from this. What can you do before you end up needing a catheter? See a urologist where they will screen for cancer, get your history, do a physical, give a prostate exam and take the International Prostate Symptoms Score (IPSS) test. At that point, you can see where you are on the spectrum and what path you would like to take to help with it. We've included the IPSS test for you or someone you're concerned about to take at home.

There are medications you can take to help however, they don't

correct the issue, they mask the problem, and can cause side effects. When you stop taking the pills, the problem comes back. There's also a surgery to correct it. This consists of trimming the inside of the prostate out, opening the channel so you can urinate. This is an hour-long procedure, requiring a catheter for days and 6-8 weeks to recoup/reheal. Side effects of surgery could be retrograde ejaculation where sperm goes back into the bladder, or possible sexual dysfunction.

A new procedure called Prostatic

Urethral Lift is not a pill, requires no general anesthesia and there's no destruction of tissue so side effects are slim. During the procedure, they pin back the prostates. The entire procedure takes about 7-10 minutes, done in office, with optional light sedation if needed. After the procedure, 75% of men won't need a catheter, but if they do, it's only over night, less than 24 hours. Men can go back into full activity within 5-7 days. This procedure is minimally invasive, and can be used instead of medication. No incontinence or

- Continued on Page 6 -



A good night's sleep or a relaxing vacation may be all it takes to make you feel rejuvenated. But if you need a bit more to minimize the signs of aging, Heart of Florida Physician Group is here to help. We offer cosmetic facial procedures, including facial injections, to help offset fine lines and wrinkles.



To schedule a consultation appointment with fellowship-trained Plastic Surgeon, Tutu Cheng, M.D., call **863-223-4736** or visit **MyHOFPlasticSurgery.com** to schedule online.



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sexual issues like erectile dysfunction or retrograde ejaculation will occur.

Men who took the IPSS test showed that pills lowered their score about 5 points, while the Prostatic Urethral Lift lowered it 11 points.

Dr. D'Angelo is currently accepting new patients. To schedule please call (863) 419-2165.

Dr. D'Angelo is a member of the medical staff at Heart of Florida Regional Medical Center. Heart of Florida Regional Medical Center is owned in part by physicians.


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*Patient Testimonial*

*I am a 72-year-old male. My history of urinary difficulty started somewhere around age 50 when the time lapse between awareness and emergency began getting shorter and shorter. I embarrassed myself on more than one occasion in public when I spotted the front of my trousers. I even wore incontinence pads for a while.*

*I was at the point where my lack of control was running my life—I had to plan outings and travel around where the bathrooms were and planned ahead when deciding whether to drink. As a result, I was frequently dehydrated.*

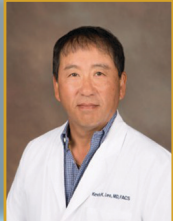
*I came to Dr. D'Angelo's attention for an unrelated condition and from him I learned of the UroLift® procedure. The UroLift® procedure was an answer to a prayer. Dr. D'Angelo, his staff and the team at the Heart of Florida Surgery Center were courteous, professional and caring. The procedure was quickly done as an out-patient. I was able to resume my normal activities within 24 hours. Any residual discomfort was tolerable without medication and gone within 2 weeks. All I have to say is, "If your need to urinate is running your life, don't put off having a discussion about UroLift®."*




## September is Prostate CANCER Awareness Month

During this month of focus on Prostate Cancer, now is a great time to do some personal research and establish a plan. Ask yourself these questions and feel free to call Bond Clinic if we can offer any help. We are proud to have two board certified Urologists on our team

- Based on my medical history, when should I have a prostate exam?
- What are the pros & cons to an examination?
- Who are the physicians in my area that provide this exam and offer solutions if any issue is found?



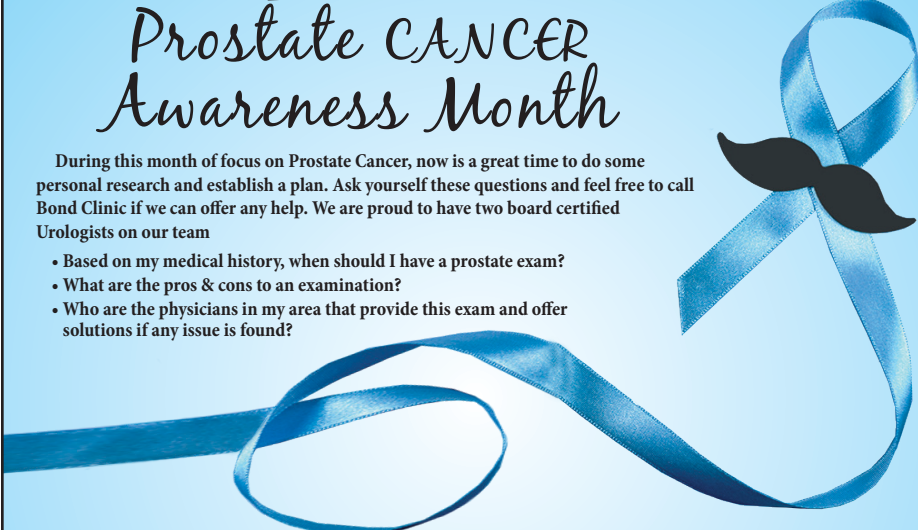
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Sept. 12, 2018



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# Sports keep this 93-year old feeling young

By Bailey Hill

Many people grow up playing sports and maybe even continue to play on teams through middle and high school. An article by University of Missouri Health argues that youth sports teach teamwork, problem solving and healthy decision-making skills. If the student makes it to the next level, different challenges come. Few are lucky, dedicated and skilled enough to continue on to play in college. Sports have a way of strengthening the mind and body at once.

“I think sports make your body younger, stronger, and more flexible,” said Hernan Granda.

Hernan was born in Santiago de Cuba in 1925, making him 93 years old this month. Growing up he participated in tennis, basketball, swimming, golf, rowing and baseball. He was a very tall, athletic teenager and made the team for basketball at University of Havana. During his first year at the University a swim coach approached him after seeing him swim for fun at a private club. The coach told him that he had the

perfect physique to be a swimmer and that he should be on the swim team.

The following January, in 1947, he began training with the coach. He did butterfly and breaststroke which, at that time, were combined. His first competition was that summer. Just a few short months after beginning to take the sport seriously, he broke the record for the 100 meters. He continued on to compete at the second and then the third level, each time leaving with the new record. That summer he was asked to swim at Nationals.

In the same way that people represent the different states at Nationals in the United States, swimmers represent their provinces in Cuba. Hernan got injured right before this swim meet and was unable to compete. The following swim meet was in Daytona, Florida and he did no good. He was in pain from an infection that came as a complication from his injury. Hernan persevered and later went on to break the National Record for the

200 meters. He won a 10 carat gold medal to prove it. This qualified him to participate in the 1948 Olympics in London.

“My father said no. That was my senior year in the University and my final exams were more important to him,” said Granda.

His father told him that by going to the Olympics he would not be able to take his final exams. Therefore, he would not be able to receive a diploma and his father would need to pay for another full year of schooling before he could graduate. The olympics didn’t pay. He graduated with a degree in public accounting. This was not the end of sports’ big role in Hernan’s life. He was an avid golfer, softball pitcher, and rower still at this time.

In 1961, Hernan came to the United States. A month later his wife, who he has now been married to for 68 years, and his four children came. He played golf every weekend and became obsessed with the sport. He won many championships, has eight

hole-in-ones, and shot his age last year.

“When I go to bed I picture my swing and how it can improve,” said Granda.

To this day, he is continuously trying to improve his golf game. Despite having to go through forty days of therapy from a fracture last year, he has an incredibly active lifestyle. Twice a week he plays golf, even in this Florida heat. Three times per week he works out at the gym, doing both cardio and weighted machines. He swims laps multiple times a week and keeps a set of dumbbells and a resistance band at home to use as well.

Playing sports taught him to always set personal goals. It was not so much about what other people wanted to see him do, but rather about what he wants to improve in each day. This continues to help him see the good and have a positive mindset. At 93, he is still improving.











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# 7 Reasons Why Men Should Do Yoga

by Bailey Hill

Some outsiders associate yoga with light exercise, stretching, and uncomfortable poses. If it doesn't involve lifting weights or running a long distance, what is it doing for their muscles? Maybe it doesn't sound appealing to those who can't yet touch their toes or who prefer a high-intensity workout. There are many misconceptions when it comes to yoga. One of those is that yoga is just for women. Historically, thousands of years ago, classical yoga was first practiced by men. Use this article as a way to show the men in your life how beneficial yoga could be to them.



## 1 - Balance

Yoga is a way to counter the effects that daily tasks and common exercises have on our bodies. For example, people who sit at a desk job all day may enjoy downward dog because of its ability to relax the neck and reduce tension in the shoulders. There are poses to reverse the effects of tight tendons/muscles from running and to straighten up the spine after playing a sport that involves twisting like golf. Balancing our bodies by countering the positions we are in throughout our day is very important.

## 2 - Flexibility

There is scientific evidence to prove that injuries decrease when people include flexibility training in their routine. Flexibility can improve your performance in sex and athletically. By doing yoga regularly, you are able to increase your range of motion and aid muscle recovery. Flexibility is also essential for good posture and lengthening your muscles.

## 3 - Strength

Instead of going to a workout with one muscle group in mind, yoga focuses on the entire body. Many poses involve muscles from different areas working together. This allows you to build muscle evenly and leaner. By using your own body weight, men are still able to gain mass, but also to notice the strength in holding poses and the ability to sculpt their bodies.

## 4 - Harmony

"Some come in more competitive, looking for the perfect pose, but need to focus on their breathing and what happens on their mat," said Kerry Wilson. Kerry is the owner of Inside Out Yoga in Winter Haven. He began practicing in 1972 as a teenager. His passion for yoga and the ability for people to be able to reap the benefits from it is transparent. He said that many people are deaf and blind when it comes to being in tune with their own bodies. By practicing yoga, people are able to be more mindful, free and able to listen to their bodies.

## 5 - Stamina

Yoga can be much more intense than a simple stretch. Perhaps yoga and endurance aren't two words that you assume go together. Endurance is a huge part of yoga. We can all agree that oxygen produces energy. By working on breathing techniques and focusing on the respiratory system, we are training our body to deliver oxygen to the muscles that are working. Therefore it is able to improve their endurance. More challenging poses and flows like sun salutations are also beneficial for stamina.

## 6 - Compassion

"What I can say undeniably is that it lightens your heart a little and makes you a little happier," said Kerry Wilson. "I've never left a class or finished my practice at home where I said I wish I hadn't done that. It's always the opposite - I'm thankful that I took the time to practice." Compassion is a skill that can improve your life in many ways. In yoga, taking the time for your mind and body to focus on the good despite everything else happening in the day is extraordinarily beneficial.

## 7 - Health

Yoga can help to alleviate pain in the body from things like sciatica, osteoporosis, fibromyalgia, and rheumatoid arthritis. Yoga also increases blood circulation and there are poses specifically for high blood pressure. By trying the twisting poses in yoga, you are also able to massage your organs from the inside as a way to detox. All in all, yoga is a way to work on your mental and physical health all at once.

Schedule a class today!

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[www.ioyogastudio.com](http://www.ioyogastudio.com)



Tweaks to Improve Your Morning Routine

By Bailey Hill

Recently there has been a buzz about how morning routines can affect your mind, your day, and ultimately, your life. The way you begin each day sets the tone for the hours to follow. How do you begin your day? What is your mindset? The following have been proven as ways to start your day off on the right foot.

The first thing we hear in the morning is often the alarm sounding on our phones. Unless you have some sort of perfected bodily alarm clock, in which case the rest of us are jealous, that high-pitched, annoying noise is the first thing we hear in our day. Instead of picking an alarm from the few ringtones Apple has provided for us, try waking up to a song you enjoy to get you out of bed or set the alarm to play noises from nature as a more peaceful way to wake up.

Researchers suggest to never snooze your alarm clock. Even though it's tempting to set your alarm early because it means more time to stay in a cozy bed, snoozing your alarm can actually throw off your bodily clock.

This could likely cause you to wake up groggier and with less energy. Getting up at the first alarm rather than snoozing it or setting multiple alarms may be the trick you need to change your mornings around.

The first task of many people's day is making their bed. The task that seemed so unimportant when our parents nagged us to do it as children can actually benefit you without you even realizing it. In a survey of 68,000 people by hunch.com, 71 percent of people who make their beds consider themselves happy. On the contrary, 62 percent of people who do not make their beds admit to being unhappy. Studies show that the simplest task of making your bed in the morning gives you an accomplished feeling right away. Not only is it visually appealing, but according to the Pulitzer-winning book "The Power of Habit", making your bed encourages you to be more productive throughout the day.

After getting up, making your bed, and going through your hygiene routine you have a chance to choose your focus for the day. Tim Ferriss, author and entrepreneur, starts each day with meditation, tea and journaling. Mindfulness in the

morning can set the tone for a more grounded day despite the number of unopened emails or stresses you may face later.

Dr. James E. Stahl and his team of Harvard researchers studied an 8-week program that included meditation, yoga, mindfulness, positive psychology, and cognitive behavioral skills. They concluded that consistency is key. Using apps like Headspace, starting your day with basic sun salutations and checking in with your breath in the morning can lower cortisol levels.

A very common step in morning routines is drinking a cup or more of coffee. Sipping on coffee or tea can be therapeutic. What you do while you sip on your coffee can make a difference. Do you scroll through social media? Do you read a newspaper? Do you watch last night's highlights on Sports Center? This week, try looking inward during this time. What if you took five minutes to write down your goals for the day. Maybe you will be better prepared for the day if you clear some thoughts and make a to-do list or a priority list. You could force your brain to see the positive in the morning by simply writing down what you are grateful

for.

Common everyday habits can be holding you back from the days you want to have. Snoozing your alarm clock may be why you feel exhausted in the afternoon. Rushing to eat your breakfast and get out of the door could be why you get less done at work. By altering little things in your routine, you can set your intentions, be more productive, and see changes in your everyday.

\*"Internal Time" by Till Roenneberg

"The Power of Habit" by Charles Duhigg

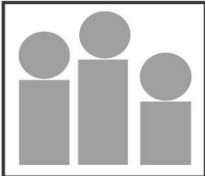
Article on Tim Ferris by Business Insider  
[www.businessinsider.com/tim-ferriss-morning-routine-2017-1](http://www.businessinsider.com/tim-ferriss-morning-routine-2017-1)

Articles by Psychology Today and on Making Your Bed Study  
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Article on Harvard and Dr. Stahl on Mindfulness Study  
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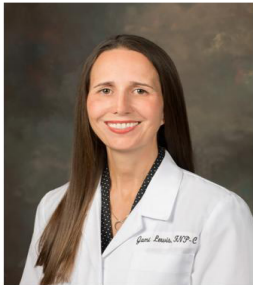
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## SEPTEMBER

### **12 - Better Breathers Club 1-2pm**

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### **13 - Lunch & Learn: Robotic Joint Replacement Seminar 12-1pm**

FREE

If knee, hip pain or stiffness is keeping you from doing the things you love, robotic-assisted surgery could help you get back to your active life. And because it's minimally invasive, many patients experience a shorter hospital stay and quicker recovery. Orthopedic Surgeon, Abhijit Manaswi, M.D., will answer your questions during this free lunch & learn seminar. Light lunch will be served but space is limited. Register at [www.heartofflorida.com](http://www.heartofflorida.com), (863) 422-4971. Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport.

### **13 - Total Joint Replacement 12:30-2pm**

FREE

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **13 - Women's Breast Cancer Support Group 1:30-3pm**

FREE

The support group is a place for women to come together to exchange ideas, gather information and discuss concerns with others who are dealing with, have dealt with or are a support person for

someone with breast cancer. For more information, call 863-419-8811. Register online to join this group [www.heartofflorida.com](http://www.heartofflorida.com). Heart of Florida Regional Medical Center, 40100 U.S. 27, 1st Floor Boardroom, Davenport.

### **14 - Caregivers Support Group 1:30-2:30pm**

FREE

A safe place for sharing caregiving and self-care tips, discussing the challenges of caring for a loved one and finding emotional support. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **17 - Ovarian Cancer Support Group 5:30-7pm**

FREE

A group for women with ovarian cancer and their caregivers to share emotions and experiences with other survivors. Speakers will present information on various topics. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **18 - Better Breathers Club Support Group 1-3pm**

FREE

Living with a chronic lung disease can be easier. Better Breathers Club is a support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others with similar health issues and concerns. Led by a trained facilitator, this in-person adult support group helps give you the tools you need to have a better quality of life. For more information, call 863-422-4971, ext. 2247. Light refreshments provided. Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. [www.heartofflorida.com](http://www.heartofflorida.com)

### **18 - Man to Man Cancer Support Group 1:30-2:30pm**

FREE

Offering information for men who have cancer or have survived it, this is a safe and welcoming group to give and receive support from others. Winter Haven Hospital - Quality Department Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **18 - Bariatric Surgery Weight Loss Support Group 6:30-7:30pm**

FREE

If you have had bariatric weight loss surgery and have questions about your weight loss journey, please attend the Bariatric Weight Loss Surgery Support Group. Will be discussing topics such as tips for continued healthy eating, portion sizes, fluid intake and protein selections. The Bariatric Program Director will lead the discussion and will be available to answer any questions you have as you continue losing weight and getting back to being your active, healthy self. Register today to attend the class or if you can't make the meeting, please call Marianne Lehman at 863-419-2271 for more information on how to attend the meeting via phone conference call. Heart of Florida Regional Medical Center, 40100 U.S. 27, 1st Floor Boardroom, Davenport. [www.heartofflorida.com](http://www.heartofflorida.com) (863) 422-4971.

### **20 - Total Joint Replacement 12:30-2pm**

FREE

Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **22 - Babysitting Basics 9am-5pm**

\$30

Payment is due at the time of registration. Covers being a responsible babysitter, accident prevention, handling emergencies, CPR, age appropriate care, play and meals. This class is designed for young people ages 11-14 years old. Bring a bag lunch and a drink to class. Parents need to complete consent form and have child bring to class. A permission slip will be mailed if there are more than 4 business days from event start date. If you register within 4 business days of the event, please call the customer service center to have the permission slip emailed to you. Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. 855-269-4777 Register online at baycare.org

### **24 - Woman to Woman Cancer Support Group 6-7pm**

FREE

Information, support and coping for women who have or have survived cancer. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

### **25 - Perinatal Bereavement Support Group 6:30-7:30pm**

FREE

Explore your grief, strengthen communication with loved ones and learn self-care. Honor the loss of your baby and begin to heal. This support group is specifically for those women (and their families) who have experienced a miscarriage, fetal demise, still birth or death of a newborn in the Neonatal Intensive Care Unit. We welcome mothers and/or fathers who have experienced a loss. Register under 1 person for all attendees. In comments, notate how many will additional guests. Winter Haven Women's Hospital, North Entrance Sitting Area, 101 Avenue O SE, Winter Haven. 855-269-4777 Register online at baycare.org

- Continued on Page 15 -



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**Publisher**  
Kim Edwards

**Editor**  
Amy Sexson

**Contributing Writers**  
Bailey Hill  
Amy Sexson

**Graphic Designer**  
Steven Maynard

**Sr. Sales Consultant**  
Barbara Rakoczy  
Gary Peach

**Sales Consultants**  
Lora Belue

**Digital Specialist**  
Kathy Woodruff

**President**  
Sun Central Media Group  
Chris Sexson

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For advertising information:  
[kedwards@scmginc.com](mailto:kedwards@scmginc.com)

For editorial information:  
[asexson@scmginc.com](mailto:asexson@scmginc.com)

Office:  
99 Third Street N.W.  
Winter Haven, Florida 33881  
863-533-4183



**25 - Brain Injury Support Group**  
**7-8:30pm**

FREE  
Open forum for brain injury survivors and their caregivers, family and friends on how to live life to the fullest after a traumatic injury. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

**26 - All About Atrial Fibrillation**  
**5:30-6:30pm**

FREE  
Learn about atrial fibrillation (AFIB) including symptoms and treatment options. Winter Haven Hospital - Auditorium, 200 Avenue F NE, Winter Haven. Register online at baycare.org

**27 - Diabetes Support Group**  
**9-10am**

FREE  
This is an open discussion held by a certified diabetes educator for all diabetes related topics. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

**27 - Total Joint Replacement**  
**12:30-2pm**

FREE  
Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. 855-269-4777 Register online at baycare.org

# Feeling ACTIVE

**MONDAY**

**LOW-IMPACT EXERCISE CLASS**  
**9:30-10:15 am**  
This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

**STRENGTH & CARDIO**  
**10:45-11:45 am**  
A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident.

**BELLY DANCE**  
**6-7 pm**  
Ages 16+ Resident \$6/class or Non-Resident \$7/class Chain O'Lakes Complex, 210 Cypress Gardens Blvd., Winter Haven. (863) 291-5656

**ZUMBA**  
**6-7 pm**  
Chain O'Lakes Complex, 210 Cypress Gardens Blvd., Winter Haven. (863) 291-5656 Ages 16+ Resident \$5/class or Non-resident \$6/class

**BALLROOM & SOCIAL DANCE**  
**7:30-8:30 pm**  
Ballroom dance is a set of partner dances, which are enjoyed both socially and competitively around the world. No Partner Needed! All Ages. Resident \$10/class or Non-Resident \$11/class Chain O'Lakes Complex, 210 Cypress Gardens Blvd., Winter Haven. (863) 291-5656

**TUESDAY**

**STRENGTH & CARDIO**  
**10:30-11:30 am**  
A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident.

**WEDNESDAY**

**LOW-IMPACT EXERCISE CLASS**  
**9:30-10:15 am**  
This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

**CHAIR YOGA**  
**10:30-11:30 am**  
Chair yoga is designed for seniors and focuses on flexibility, strengthening, stress reduction and relaxation. Enjoy the benefits of yoga sitting in a chair rather than getting up and down from the floor. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

**SHUFFLEBOARD CLUB**  
**1 pm**  
The shuffleboard club holds weekly shuffleboard games. This club also participates in state and district tournaments, turkey shoots and special events. \$10 annually to join the club. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870

**TAI CHI**  
**1:30 pm**  
Experience the gentle flowing movements of Tai Chi, and treat your whole body to a gentle and relaxing workout. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$4 Resident / \$5 Non-resident

**BALLROOM DANCE: WEST COAST SWING**  
**6-7 pm**  
Ballroom dance is a set of partner dances, which are enjoyed both socially and competitively around the world. No Partner Needed! All Ages. Resident \$10/class or Non-Resident \$11/class Chain O'Lakes Complex, 210 Cypress Gardens Blvd., Winter Haven. (863) 291-5656

**BALLROOM & LATIN DANCE**  
**7-8 pm**  
Ballroom dance is a set of partner dances, which are enjoyed both socially and competitively around the world. No Partner Needed! All Ages. Resident \$10/class or Non-Resident \$11/class Chain O'Lakes Complex, 210 Cypress Gardens Blvd., Winter Haven. (863) 291-5656

**THURSDAY**

**WELLNESS WITH ISABEL**  
**10:30-11:30 am**  
A 60 minute low-impact total body workout that includes aerobic, strengthening, balance and flexibility modalities. It provides an intense workout that is easily modified for beginners. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 \$1 Resident / \$2 Non-resident, registration required.

**BEGINNING LINE DANCE CLASS**  
**1:30-3:30 pm**  
Learn line dances to country and pop songs. Participants often perform at local nursing homes and health expos. No partner required. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. \$4 Resident / \$5 Non-resident

**FRIDAY**

**LOW-IMPACT EXERCISE CLASS**  
**9:30-10:15 am**  
This low-impact aerobic exercise class uses the Richard Simmon's Silver Fox videotape, which is played on a large screen television. This is an excellent workout for all fitness levels. Winter Haven Senior Adult Center, 250 South Lake Silver Dr., NW, Winter Haven. (863) 291-5870 Registration required. Free.

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**BADMINTON**  
**7-9 pm**  
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