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H5427\_19NPSR\_F\_06A\_M

A photograph of a clear glass filled with water. A slice of lemon is partially submerged, and a splash of water is captured mid-air above it. To the right of the glass, a halved orange sits on a white surface, showing its internal segments. The background is a plain, light gray.

## Incontinence in Both Men and Women

We asked Jill Lovely, PT, DPT, and Pelvic Health Specialist with the Rehab Services department at Heart of Florida Regional Medical Center, what are some of the most commonly asked questions regarding incontinence. Heart of Florida offers treatment for incontinence and pelvic issues through the rehabilitation department.

– CONTINUE ON PAGE 4 –



**Q: Is there a particular age when a woman might start to have problems with incontinence?**

**A:** Bladder problems can occur at different times throughout a woman's life, but has a higher occurrence as they age, after pregnancy and after menopause.

**Q: Are there exercises that can help control bladder leakage? Are they the same for men and women?**

**A:** There are exercises that can help control bladder leakage. They are best when they are customized specifically to the type of incontinence one has. Men and women both can perform the exercises, but the technique varies.

**Q: Are there tests to determine what is causing the incontinence?**

**A:** During a physical therapy evaluation, there are many tests that can be performed on the muscles to check the flexibility and the muscle control. You will also be asked questions or be given a standardized test to fill out to determine what course of treatment is best for you.

**Q: How long can treatment take to correct the problem?**

**A:** Treatment is so varied from person to person depending on past medical or surgical history, extent of the incontinence and the length of time you have had it. Some people can come to just 2 or 3 sessions and be able to continue with their own personalized program at home. Others may have additional complications such as back pain or weakness in other muscles as well which may lead to a longer plan.

**Q: Is a physician's referral needed to take part in the Rehabilitation Department's Pelvic Health program?**

**A:** Yes, a physician's order is best for receiving Pelvic Health treatment. Your primary care provider can write an order for you with the Rehabilitation Department. If you need a primary care physician or an Urologist, please visit our web site at [HeartOfFloridaPhysicianGroup.com](http://HeartOfFloridaPhysicianGroup.com). To make an appointment with Jill Lovely in the Rehab Services department, please call (863) 419-2500.

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# Feeling **HEALTHY**

## DECEMBER

### 6 – ALZHEIMER'S SUPPORT GROUP

9:30-10:30 a.m.

The support group is for family members, caregivers, and others interested in learning more about Alzheimer's disease. Meetings are open to everyone and free of charge. This support group is designed to provide emotional, educational and social support for caregivers. In the group, attendees develop coping methods, encourage self-care, learn about community resources, and optimize care techniques. For program information and to verify meeting dates, times, and locations or other questions call the Alzheimer's Association office at 863-292-9210. [www.heartofflorida.com](http://www.heartofflorida.com)

### 6 – LUNCH & LEARN ROBOTIC JOINT REPLACEMENT SEMINAR

12 - 1 p.m.

If knee or 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 about your joint replacement options and much more during this free lunch & learn seminar. Light lunch will be served but space is limited. Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. (863) 422-4971 Register online [www.heartofflorida.com](http://www.heartofflorida.com)

### 6 – TOTAL JOINT REPLACEMENT

12:30 - 2 p.m.

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 [baycare.org](http://baycare.org). Free

### 6 – INFANT AND CHILD CPR

5:30 - 7 p.m.

Registration is per person. Payment is due at time of registration. Learn to perform lifesaving CPR and choking rescue methods on infants and children based on American Heart Association guidelines. Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. (855) 269-4777 Register online [baycare.org](http://baycare.org). \$15

### 6 – LEARN MORE ABOUT WEIGHT LOSS SURGERY OPTIONS

6:30 - 7:30 p.m.

Program Director Marianne Lehman will be discussing the Sleeve Gastrectomy procedure along with what is required both before and after the procedure. She will also be answering any questions you have about the procedure. Light refreshments will be served. Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. (863) 422-4971 Register online [www.heartofflorida.com](http://www.heartofflorida.com)

### 10 – WEIGHT LOSS SURGERY SEMINAR: SLEEVE GASTRECTOMY

4 - 5 p.m.

Shiva Seetahal, MD, will explain all about the Sleeve Gastrectomy procedure. Weight loss surgery staff will be on hand to discuss the health benefits of weight loss surgery, the requirements both pre- and post-surgery and to answer any questions you may have. We will also have staff available to discuss insurance questions as well. Space is limited, register in advance. Heart of Florida Regional Medical Center, 40100 U.S. 27, First Floor Boardroom, Davenport. (863) 422-4971 [www.heartofflorida.com](http://www.heartofflorida.com). Free

### 10 – WOMAN TO WOMAN CANCER SUPPORT GROUP

6 - 7 p.m.

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 [baycare.org](http://baycare.org). Free

### 11 – LOOK GOOD FEEL BETTER

10 a.m. - 12 p.m.

Look Good Feel Better is a free program that teaches beauty techniques to women in active cancer treatment to help with the treatment's appearance-related side effects. Free cosmetic kits are provided for each participant according to their specific skin tone. Information on wigs and scarves will also be provided. Look Good Feel Better is a partnership between the American Cancer Society, the National Cosmetology and the Personal Care Products Council Foundation. Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. (855) 269-4777 Register online [baycare.org](http://baycare.org). Free

### 11 – COOKING CLASS

10:30 a.m. - 1 p.m.

Tablescape your holiday table as you prepare & EAT table creations of plant based food dishes. Enjoy a Christmas grain bowl with toppings from the tablescapes. Pre-register at Publix Cooking School at (863) 646-5769. \$45 for class/lunch. Publix Apron Cooking School, Lake Miriam Publix in Lakeland.

### 11 – BREASTFEEDING CLASS

6 - 8:30 p.m.

Covers breastfeeding basics, skin-to-skin contact, tips for returning to work and when to call a health care provider/lactation consultant. Registration is for the expectant parent plus one guest. Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. (855) 269-4777 Register online [baycare.org](http://baycare.org). \$15

### 13 – TOTAL JOINT REPLACEMENT

12:30 - 2 p.m.

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 [baycare.org](http://baycare.org). Free

### 14 – BLADDER MATTERS SEMINAR

9 - 10 a.m.

Please join Urologist Michael D'Angelo, M.D., for this free and informative seminar on Bladder Matters. Dr. D'Angelo will be discussing bladder and incontinence issues for both men and women. He will also be discussing prostate issues that can affect men as they age. Light refreshments will be served. Good Samaritan Society - Kissimmee Village Community Center, 4250 Village Dr., Kissimmee. (863) 422-4971 Register online [www.heartofflorida.com](http://www.heartofflorida.com). Free

### 14 – CAREGIVERS SUPPORT GROUP

1:30 - 2:30 p.m.

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 [baycare.org](http://baycare.org). Free

### 14 – TOOLS TO QUIT

3 - 5 p.m.

Take the next step to a healthier lifestyle and join us for a special class designed to provide an overview of available options for smokers who want to quit. The class includes information on various types of nicotine replacements, product samples and much more. This class is taught by a certified tobacco education specialist and is sponsored by the Watson Clinic Foundation, a non-profit organization dedicated to promoting community wellness through education, research and service. Watson Clinic Cancer & Research Center, Boardroom, 1730 Lakeland Hills Blvd. in Lakeland. Register at (863) 904-2656 or online at [WatsonClinic.com/Events](http://WatsonClinic.com/Events)

### 17 – OVARIAN CANCER SUPPORT GROUP

5:30 - 7 p.m.

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 [baycare.org](http://baycare.org). Free

### 18 – SUPPORT GROUP: BETTER BREATHERS CLUB

1 - 3 p.m.

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.



**18 – MAN TO MAN CANCER SUPPORT GROUP**

1:30 - 2:30 p.m.

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 [baycare.org](http://baycare.org). Free

**18 – BARIATRIC SURGERY WEIGHT LOSS SUPPORT GROUP**

6:30 - 7:30 p.m.

If you have had bariatric weight loss surgery and have questions about your weight loss journey, please attend our Bariatric Weight Loss Surgery Support Group. We will be discussing topics such as tips for continued healthy eating, portion sizes, fluid intake and protein selections. Our 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)

**19 – FOOD AS MEDICINE**

1 - 2 p.m.

Many common herbs and spices in your own pantry have added health benefits. Learn how to add herbs for health in your daily cooking. Make and take an herbal infused super food salad dressing. Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. (863) 676-1408 Register at [boktowergardens.org](http://boktowergardens.org) \$5/members \$14/non-members

**19 – COMMON CAUSES OF HAND PAIN**

6 p.m.

Join hand surgeon Dr. Nicholas Newsum as he discusses the most common causes of hand pain – including trigger finger, de Quervain's tenosynovitis, and arthritis – as well as the most effective surgical and nonsurgical treatments that alleviate discomfort and restore function. Watson Clinic Main, Library, 1600 Lakeland Hills Blvd. in Lakeland. Register at (863) 680-7109 or online at [WatsonClinic.com/Events](http://WatsonClinic.com/Events)

**20 – TOTAL JOINT REPLACEMENT**

12:30 - 2 p.m.

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 [baycare.org](http://baycare.org). Free

**20 – WOMEN'S BREAST CANCER SUPPORT GROUP**

1 - 2:30 p.m.

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. The support group is a vital tool for women and their loved ones dealing with the stress of cancer. Heart of Florida Regional Medical Center, 40100 U.S. 27, 1st Floor Boardroom, Davenport. For more information, call 863-419-8811. Register online to join this group. [www.heartofflorida.com](http://www.heartofflorida.com)

**22 – FLORIDA FOOD SERIES: FERMENTED BEVERAGES**

1 - 3 p.m.

Hands on demo workshop focuses on various fermented beverages including Kombucha and Water Kefir. Sample fun drinks, attendees take home a ginger drink. Presented by Visit Central Florida. Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. (863) 676-1408 Register at [boktowergardens.org](http://boktowergardens.org) \$30/members \$37/non-members

**24 – WOMAN TO WOMAN CANCER SUPPORT GROUP**

6 - 7 p.m.

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 [baycare.org](http://baycare.org). Free

**27 – DIABETES SUPPORT GROUP**

9 - 10 a.m.

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 [baycare.org](http://baycare.org). Free

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# Prime Medical Turns Hospital Curtains, Lab Coats And Scrubs Into Germ-Fighting Shields

LARGO, Fla., Soft surfaces have traditionally been one of the bigger challenges to sanitize in the health care environment. One study found that 92 percent of privacy curtains have been found contaminated with infectious bacteria within one week of laundering. Yet another study cites that as much as 60 percent of nursing and physician attire can be a source of nosocomial infections.

Now, Prime Medical, in partnership with Clorox Professional Products Company, is introducing hospital privacy curtains, scrubs and lab coats that harness the sanitizing effects of sodium hypochlorite-based bleach to help make these soft surfaces part of the solution in reducing health care-associated infections (HAIs). "The fabric of our privacy curtains, scrubs and lab coats will provide another tool for those in the health care environment to fight HAIs, making soft surfaces an asset rather than a liability," said Jim Sampey, CEO of Prime Medical. "Together, Prime Medical and Clorox Professional Products Company will fight HAIs and change the fabric of healthcare."

The new Prime Medical privacy curtains, scrubs and lab coats will feature the Clorox Healthcare™ and CloroxPro™ brand equities and provide unprecedented bactericidal protection, leading to safer patient environments. The fabric works by enabling bacteria-fighting molecules to bind to the fabric's surface for up to 12 weeks after washing with bleach, inhibiting the growth and spread of viruses. The fabric recharges during each washing, and the antimicrobial capability is durable for a minimum of 75 industrial washes.

When laundered per the label instructions with the EPA-registered bleach, lab tests have shown the activated fabric can kill bacteria and viruses with 99.9 percent effectiveness, according to a study by the fabric's manufacturer.<sup>3</sup> This means that as health care providers move between patient rooms, they can reduce the risk of spreading unseen pathogens via their scrubs and lab coats. And, for privacy curtains that are often touched and rarely changed, the fabric's antimicrobial capability provides an additional layer of protection to prevent the spread of bacteria and viruses.

"When we first saw the technology that Prime Medical was bringing to market, we knew it was one more example of a bundled approach to infection prevention and reducing pathogens in patient environments," said Amy Harmon, associate director – marketing, Clorox Healthcare. "That's what we look for in partners – like-minded companies that are as focused as we are on creating innovative solutions for cleaner, safer health care settings."

The privacy curtains are a two-part system consisting of a six-foot modular privacy panel that easily snaps onto a mesh top. Each privacy panel weighs just 1.4 pounds, making it easy for one person to change a curtain in as little as 40 seconds without a ladder. The fabric on all three products is fade-resistant to bleach so they will retain their original color wash after wash. The Clorox Healthcare privacy curtains will be available December 2018 and the CloroxPro scrubs and lab coats February 2019.

For more information about the new products, visit [www.primemedical.com](http://www.primemedical.com).





# Watson Clinic Announces

## November PEER Award Winner

Lakeland, FL -- Watson Clinic recognizes one outstanding employee every month as part of their Program for Employee Excellence and Recognition (PEER) award. The PEER Award is given to a Clinic employee who best exemplifies the patient-focused customer service standards that Watson Clinic strives to excel at every day. The following employee was recognized for this current month:

### Emilee Ballentine - November

Emilee Ballentine is a licensed practical nurse at the Watson Clinic Bartow location where she works alongside Family Medicine physicians Dr. Benjamin Phen, Dr. M. Karina Solorzano-Klapprott and Dr. Richard Sweeney. She has been with Watson Clinic for one year, and is known for her positivity, professionalism and efficiency.

As PEER Award winner, Emilee received a plaque, dinner at a local restaurant and a free service from the Medical Spa at Watson Clinic LLP to acknowledge her contributions to the organization.

*Emilee Ballentine (right) proudly displays her PEER award plaque next to Watson Clinic Chief Administrative Officer Stan Piotrowski (left)*



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# Boomer U: Mega-dosing vitamin D: Doctor-prescribed 50,000 IU vitamin D may be right for some patients

By Treva Lind , The Spokesman-Review (Spokane, Wash.) (TNS)

More than 40 percent of the U.S. population is estimated to have a vitamin D deficiency, especially in regions with less year-round sun exposure.

The vitamin, which is vital for the body's absorption of calcium, is available over-the-counter, with dosages typically from 600 international units to 2,000 IU. For people with a severe vitamin D deficiency confirmed in blood tests, some health care providers are prescribing a mega-dose: 50,000 IU vitamin D taken once a week for six to eight weeks.

After the temporary regimen, patients return to store-bought options. But does that high dose, even short-term, have any health concerns? Medical groups say it's typically safe, under physician supervision, to get levels back to normal. "If vitamin D levels are fairly low, that's a pretty typical regimen we are seeing more and more, because there is more awareness about low vitamin D levels," said Skye McKennon, an adjunct pharmacy professor in Spokane. "Humans get vitamin D from two sources, through food or supplements and the other is through the skin via UV light. In the fall and wintertime, particularly when you live somewhere, like the Northwest, we're not getting a lot of UV light, so our natural source of vitamin D is decreased quite a bit."

McKennon will teach at Washington State University Spokane this spring on preventative health. She said low vitamin D levels in the body are associated with osteoporosis, increased risk for falls and fractures, depression, impaired immune function, multiple sclerosis and some cancers.

Dr. Gretchen LaSalle, a Spokane MultiCare family physician, agrees that vitamin D deficiency has received more attention in the past 10 years, including how it affects

health. But research on the nutrient has gone back and forth, she added. "If you have a significant deficiency, the recommended approach currently is to use 50,000 IU of vitamin D once a week for six to eight weeks, then re-measure levels, to try to boost those values back up a little more quickly," LaSalle said. "That high of a dose shouldn't be prescribed without blood testing, I would say, because that's a pretty hefty dose. Vitamin D is a fat-based or oil-based vitamin, so it's one that can accumulate in body tissues and can become toxic, although it's very difficult for that to happen."

After a high-dose prescription, people with low vitamin D levels need to keep taking an over-the-counter supplement to maintain levels in a normal range, she said. "That's more typically your 1,000 IU daily dosing."

McKennon said few foods naturally contain vitamin D, mainly from fatty fish such as salmon and tuna. Small amounts are found in beef liver, cheese and egg yolks, while some grocery items are fortified with it, such as milk, orange juice and cereals. Both vitamin D through diet and skin are converted in the body to biologically active forms by the liver and kidney.

Harvard Medical School articles describe that under ideal circumstances, 10 to 15 minutes of sun on the arms and legs a few times a week can generate nearly all the vitamin D people need. But that's impacted by season, latitude, age and use of sunscreen.

People at higher risk of low vitamin D levels include older adults, individuals with darker skin and those living at northern latitudes such as Spokane, McKennon said. Other reasons might include when people eat less or have decreased absorption for medical reasons or aging.

For healthy adults, a common recommendation is to take a

vitamin D supplement from 600 IU to 1,000 IU. Kids need about 400 units a day, and babies who are breastfed need supplement drops, LaSalle said.

After a short-term, mega-dose supplement, patients often report improved energy and moods. Vitamin D deficiency is measured through blood testing when levels go below 20 nanograms per milliliter of blood, LaSalle said. Problems can occur if people take too much for too long, perhaps piling on higher over-the-counter 5,000 IU dose over time. Risks include developing kidney stones, confusion, vomiting, muscle weakness and increased calcification in the body, McKennon added. She said with other types of vitamins that aren't fat-soluble, such as vitamin C, people "just urinate it out" if there's excess.

"Vitamin D is not like that. If you take too much and don't actually need it, you can over time become toxic on it. I'd certainly recommend taking it in conjunction with your health care provider. Some people, I think, buy just over-the-counter and try to take a lot of it to get closer to the 50,000 IU dose, but that's not recommended.

"That's when we see people get into trouble." LaSalle offers similar cautions to work with a provider. "In my cupboard, I have 5,000-unit capsules from Costco," she said. "I think there is even 10,000-unit ones out there. It's available without a prescription, but people need to know that like with any other supplement form, it's not always a benign or risk-free thing. "More is not always better, and if people have questions about how much they should be taking, they should talk it through with their provider."

©2018 The Spokesman-Review (Spokane, Wash.)



# Feeling ACTIVE

## MONDAY

### COUCH TO 5K TRAINING

8 am  
Running training designed to motivate someone “out of shape” to prepare for a 5K race. By the last meeting in February, you will be ready to run a 5K. Training sessions free with general admission to Bok Tower Gardens. 1151 Tower Blvd., Lake Wales. (863) 676-1408 boktowergardens.org

### 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  
Tribal Belly Dance classes are a fun way to lose weight and build self confidence. Call 291-5656 for more information. Rotary Park Clubhouse, 350 6th Street NE, Winter Haven. Age: 16 & Up Fee: Resident \$6/class or Non-resident \$7/class

## TUESDAY

### 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.

## WEDNESDAY

### COUCH TO 5K TRAINING

8 am  
Running training designed to motivate someone “out of shape” to prepare for a 5K race. By the last meeting in February, you will be ready to run a 5K. Training sessions free with general admission to Bok Tower Gardens. 1151 Tower Blvd., Lake Wales. (863) 676-1408 boktowergardens.org

### 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

### WEST COAST SWING

5 - 6 pm  
**BALLROOM DANCE**  
6 - 7 pm  
Ballroom dance is a set of partner dances, which are enjoyed both socially and competitively around the world. No Partner Needed! Call (863) 291-5656 for more information. Winter Haven Senior Adult Center, 250 S. Lake Silver Dr., NW, Winter Haven. All Ages. Fee: Resident \$10/class or Non-Resident \$11/class

## 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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## SATURDAY

### COUCH TO 5K TRAINING

8 am  
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## **Lake Wales**

**863.679.8246**

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[www.SavannahCourtLakeWales.com](http://www.SavannahCourtLakeWales.com)  
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## **Haines City**

**863.422.5204**

301 Peninsular Drive,  
Haines City, FL 33844

[www.SavannahCourtHainesCity.com](http://www.SavannahCourtHainesCity.com)  
Assisted Living Facility License #9382

## **Bartow**

**863.519.3398**

290 Idlewood Avenue,  
Bartow, FL 33830

[www.SavannahCourtBartow.com](http://www.SavannahCourtBartow.com)  
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## **St. Cloud**

**407.892.8502**

3791 Old Canoe Creek Road,  
St. Cloud, FL 34769

[www.SavannahCourtStCloud.com](http://www.SavannahCourtStCloud.com)  
Assisted Living Facility License # 9917

## **Savannah Court of Lakeland**

**863.816.1155**

6550 N. Socrum Loop Road,  
Lakeland, FL 33809

[www.SavannahCourtLakeland.com](http://www.SavannahCourtLakeland.com)  
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**863.815.9411**

605 Carpenter's Way,  
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[www.SavannahCottageLakeland.com](http://www.SavannahCottageLakeland.com)  
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