



summer 2010

HEALTHY

YOUR QUARTERLY PRESCRIPTION FOR BETTER HEALTH

You

Healthy
FISH recipes
INSIDE

Safe fun
in the
SUMMER SUN

Health Central



Become a
"FAN" OF HEALTH CENTRAL!

A photograph of a wooden desk with a spiral-bound notebook, a water bottle, a pen, and a red apple. The notebook is open to a page with the text "Welcome to the Healthy You. Summer 2010" written in blue ink. A blue pen lies on the notebook. A clear plastic water bottle with a red and white label that says "Health Central" is on the desk. Two pink dumbbells are also visible in the background.

Welcome
to the
Healthy
You.

Summer
2010

CODE STEMI

When Every Minute Matters: New Lifesaving Cardiac Care at Health Central



► 10 Warning Signs of a Heart Attack

1. Chest discomfort
2. Pain, spreading to the jaw, neck, shoulders or arm
3. Shortness of breath
4. Nausea
5. Sweating
6. Indigestion or gas-like pain
7. Dizziness
8. Unexplained weakness or fatigue
9. Discomfort or pain between the shoulder blades
10. Sense of impending doom

If you think you are having a heart attack – don't wait. Call 911 immediately.

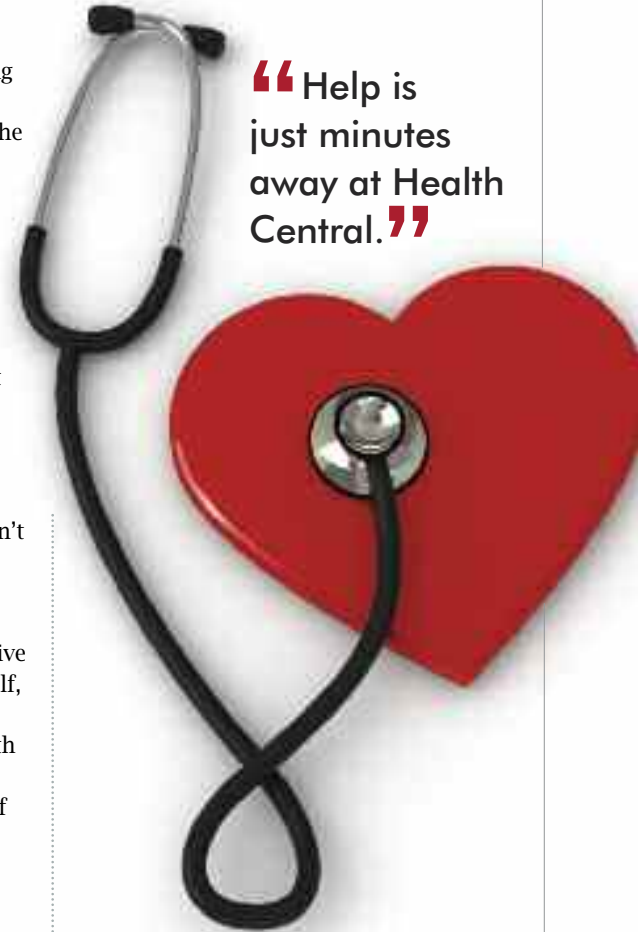
Health Central patients experiencing a heart attack with a blocked coronary artery can rest assured they'll receive the fastest, most advanced care possible with our new Code STEMI program.

Research has shown that patients with ST-Elevation Myocardial Infarction (STEMI), which is a heart attack that involves a blocked coronary artery, do better with an interventional treatment where a cardiologist uses a balloon, catheter and a stent to open the block artery. But it has to be done quickly. Research shows that a patient's chance of dying increases 30 to 60% if they don't receive care within 90 minutes or less.

Life Time

Heart muscle dies when it doesn't receive blood and oxygen. It never repairs itself, and when the heart is experiencing trauma, every minute matters. At Health Central, our Code STEMI protocol is to provide treatment within 90 minutes of diagnosing your heart attack.

Our interventional cardiologists are available 24/7, and when they receive the news that a heart attack patient is on the way to the hospital, they start the Code STEMI process. As soon as you arrive at Health Central, you'll be taken immediately to one of our two multi-million dollar cardiac catheterization labs, where a team comprised of an interventional cardiologist, physicians, nurses, and a respiratory therapist are already assembled and waiting to put you on the road to recovery. Our new program further expands the extensive cardiac care we offer, which includes cardiac rehab and a cardiac intensive care unit staffed with specially trained nurses.



“Help is just minutes away at Health Central.”

Your Heart in the Community

Implementing the Code STEMI program is just one example of how Health Central continues to work to bring state-of-the-art patient care directly to our community. For more than 17 years we've been your community hospital - saving lives, and providing safe, quality, compassionate care.

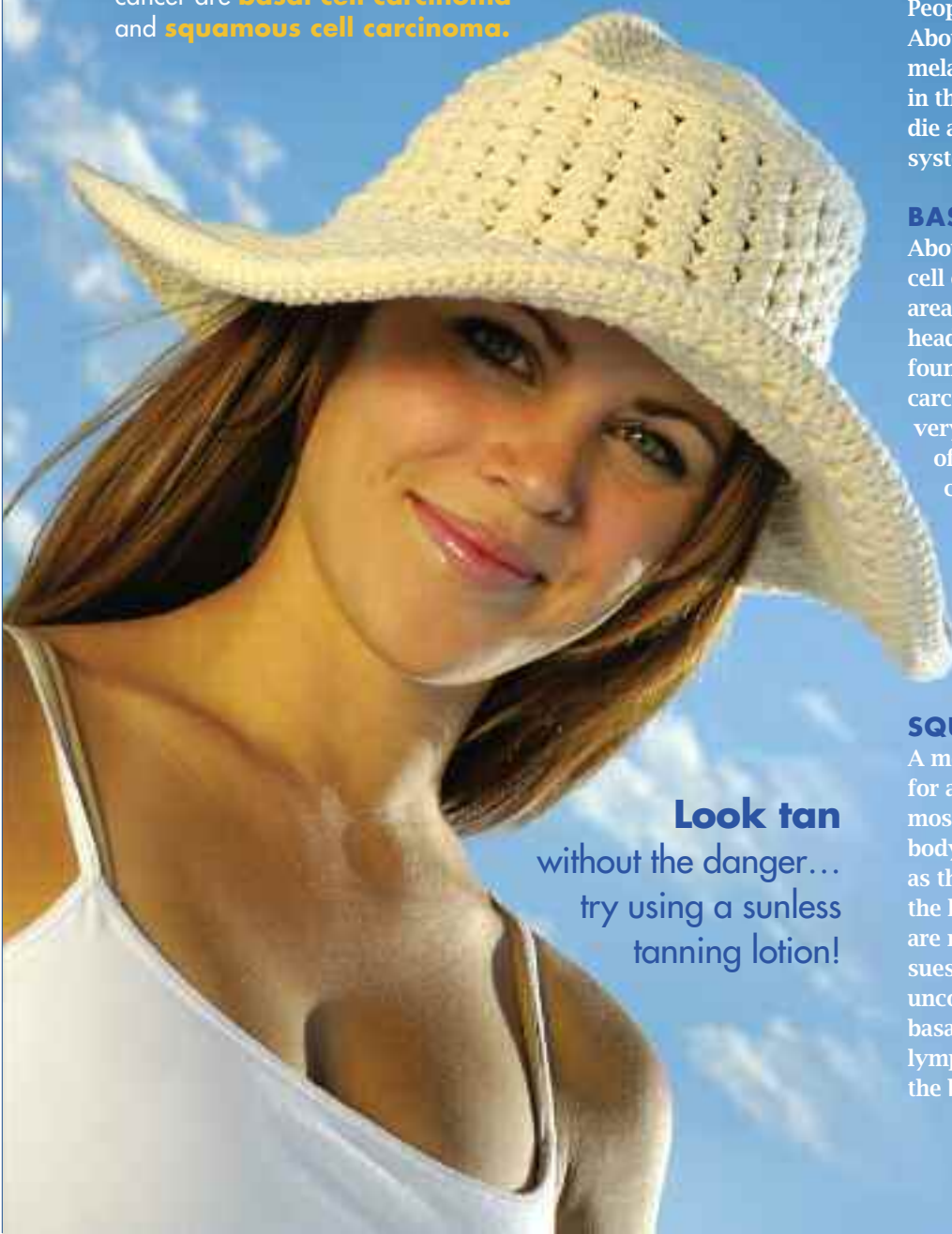
Health Central has the medical technology of the downtown hospitals, with one advantage—we're in your neighborhood, here when you need us...when every minute counts.

*Richard M. Irwin,
President and CEO Health Central*

JULY

Safe **FUN** in the *Summer sun!*

Cancer of the skin is the most common of all cancers, accounting for about half of all cancers. The two types of skin cancer are melanoma and keratinocyte cancer. The two most common types of keratinocyte cancer are **basal cell carcinoma** and **squamous cell carcinoma**.



Look tan
without the danger...
try using a sunless
tanning lotion!

According to the American Cancer Association, the exact number of basal and squamous cell cancers is not known for certain. It is estimated that more than 1 million basal and squamous cell skin cancers are found each year. Most of these (about 800,000 to 900,000) are basal cell cancers. Squamous cell cancer is less common – about 200,000 to 300,000 cases per year.

People do not often die of these cancers. About 2,000 people die of non-melanoma skin cancer each year in the United States. Most people who die are older or have weakened immune systems.

BASAL CELL CANCER

About 8 out of 10 skin cancers are basal cell carcinomas. They usually begin on areas exposed to the sun, such as the head and neck. Basal cell carcinoma is found on people of all ages. Basal cell carcinoma tends to grow slowly and it is very rare for it to spread to other parts of the body. But if left untreated, it can spread into the bone or other tissues beneath the skin.

About half of the people who have had one basal cell cancer will develop a new skin cancer within five years.

SQUAMOUS CELL CANCER

A more topical skin cancer, it accounts for about 2 out of 10 skin cancers. It most often appears on places of the body that are exposed to the sun, such as the face, ears, neck, lips, and backs of the hands. Squamous cell carcinomas are more likely to spread into fatty tissues just beneath the skin. Although uncommon, they are more likely than basal cell carcinomas to spread to lymph nodes or to distant parts of the body.

RISK FACTORS

Ultraviolet (UV) light

- UV light (sunlight) is thought to be the major risk factor for most skin cancers. Floridians have a higher risk because of the year-round, bright sunlight.

Fair skin

- The risk of skin cancer is much higher for Caucasians than for darker skinned people.

Men

- Men are two times more likely than women to have basal cell cancers and three times more likely to have squamous cell cancers of the skin.

Older age

- The risk of skin cancers goes up as people get older because they have had more exposure to the sun in their lifetime.

History of skin cancer

- Anyone who has had one skin cancer has a much higher chance of having another one.

Smoking

- Smoking is a risk factor for squamous cell skin cancer but not for basal cell cancer.

Weakened immune system

- Skin cancers in people with weakened immune systems grow much faster and are more likely to be fatal.

Genetics

- In some people, the parts of the normal cells are more sensitive to being damaged by sunlight

Radiation

- Radiation has been associated with a higher risk of developing basal cell skin cancer in the area that was treated.

WHAT YOU CAN DO:

Limit ultraviolet (UV) exposure

The best way to lower the risk of non-melanoma skin cancer is to limit your exposure to strong sunlight.

Protect your skin with clothing

- Long-sleeved shirts and long pants are best.
- Dark colors are better than light colors.

Wear a hat

- Choose a hat with at least a 2- to 3-inch brim all around
- A baseball cap only protects the front and top of the head.
- Straw hats are not as good unless they are tightly woven.

Use sunscreen

- Use sunscreen and lip balm with an SPF of 30 or higher. SPF protection is available up to 100+. For it to work best, sunscreen should be applied 20 - 30 minutes before you go outside and reapplied every 2 hours or after swimming or sweating. Use sunscreen even on hazy or overcast days.

Wear sunglasses

- Choose wrap-around sunglasses that absorb at least 99% of the UV rays and block UVA and UVB light.

Stay in the shade

- The sun's rays are strongest between 10am and 4pm.

Avoid other sources of UV light

- Don't use tanning beds and sun lamps.

The safe tan

- Look tan without the danger - try using a sunless tanning lotion!

Monthly self exams

- Basal and squamous skin cancers can be found early. Use a full length mirror to monitor the pattern of moles, freckles and other marks on your skin.

What to look for:

- a new growth
- a spot or bump that's getting larger
- a sore that doesn't heal within three months

► Signs & Symptoms

Basal cell carcinomas often appear as flat, firm, pale areas or as small, raised, pink or red, translucent, shiny, waxy areas that bleed easily. Large ones may have oozing or crusted spots.

Squamous cell cancer may appear as growing lumps, often with a rough surface, or as flat, reddish patches that grow slowly. Both of these types of skin cancer may develop as a flat area showing only slight changes from normal skin.

Skin cancers often do not cause symptoms until they become quite large. Please schedule regular check ups with your dermatologist and perform full-body scans regularly to notice any changes in your skin.

To find a primary care physician, visit healthcentral.org/physician-directory.



AUGUST is

Baby Safety

AWARENESS MONTH

Keeping Kids Safe

- Teach all children to swim
- Check the swimming skills of each child regularly
- Dial 407.839.HELP (4357) for swimming lesson information
- Teach all children how to dial 911 in an emergency
- Get CPR certified, enroll all children and teens in youth CPR and First Aid and recertify everyone annually

Supervision is Mandatory

Drowning usually occurs when the adult has left "just for a minute"

- Never leave a child alone or unsupervised by any body of water, including a bath tub
- Designate an adult to watch the water at all times
- Enroll children in swimming lessons
- Provide floatation devices around larger bodies of water
- Children who cannot or are not strong swimmers should be equipped with a life vest around any body of water

Pool Protection

- Pools should be surrounded on all sides by a wall or a fence barrier at least four feet high
- Bars or slats in barriers should be less than four inches apart
- Spas should have properly secured safety covers
- Pool alarms should be installed to alert adults of any children in the pool area
- Lock pool and spa areas when not in use
- Doors, windows and gates leading to the pool and spa areas should be equipped with a locking mechanism that is over 54" high

Swimming is not only fun and a great way to exercise, it's a refreshing way to beat the heat during the summer.

Whether your kids are swimming in an ocean, pool, lake or spa, every family should take the necessary precautions to prevent childhood drowning.



**TEACH
your
children
how to
SWIM.**

IN CASE OF AN EMERGENCY

- Dial 911
- Start CPR and/or appropriate First Aid
- Reach for the victim or throw a government-approved floatation device

Health Central offers CPR certification classes for people of all ages. Please see page 14 for more information.

Information provided by the *Central Florida Drowning Prevention & Water Safety Coalition* (www.ocfl.net).

Watermelon

The perfect summer snack!

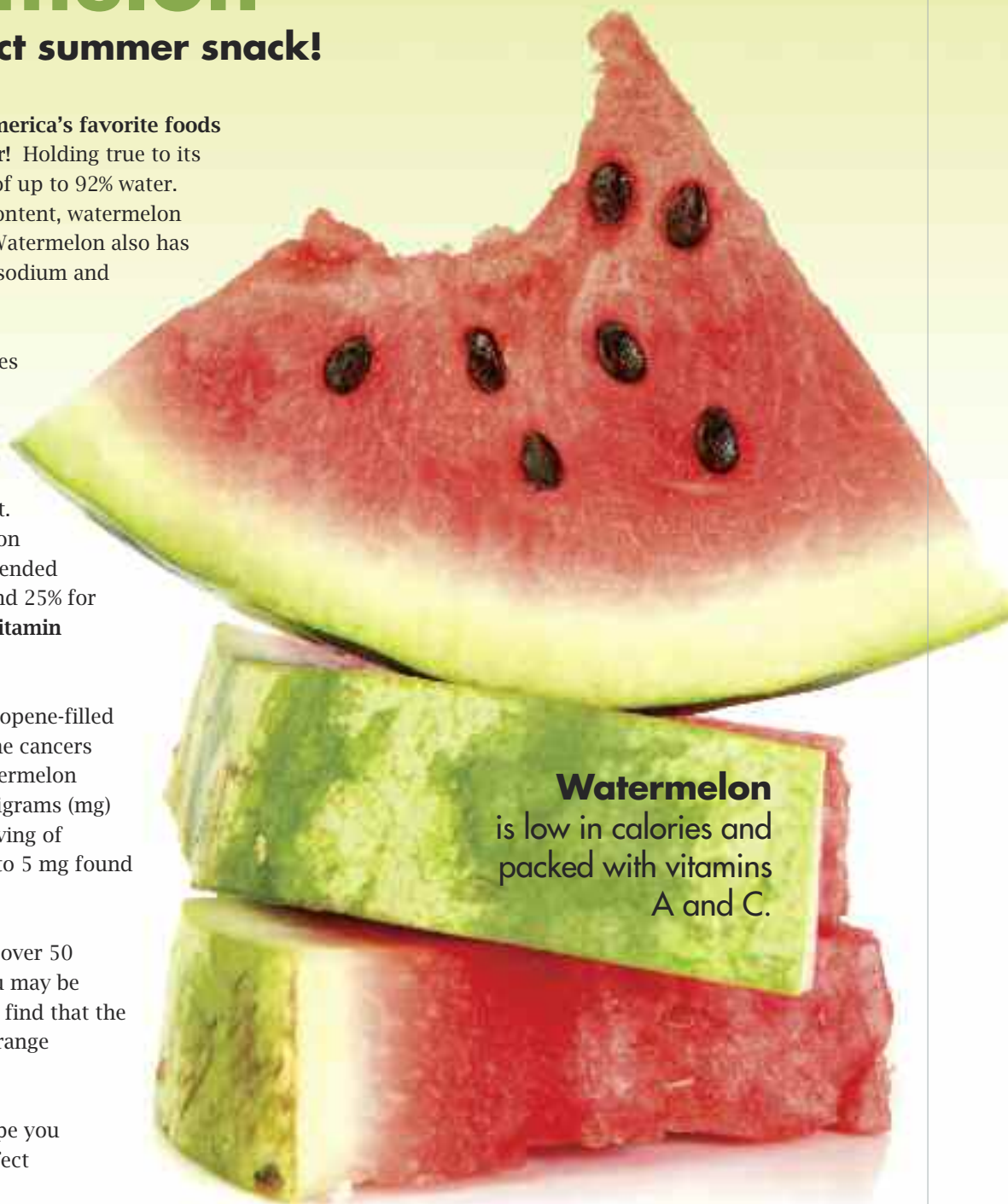
Consider packing one of America's favorite foods for your picnic this summer! Holding true to its name, watermelon consists of up to 92% water. Because of this high water content, watermelon is naturally low in calories. Watermelon also has zero saturated fat, is low in sodium and is cholesterol free.

According to the United States Department of Agriculture's Dietary Guidelines, it is recommended that an adult include two cups of fruit per day in our daily diet. Two cups of diced watermelon provides 20% of the recommended daily intake for **vitamin A** and 25% for **vitamin C**. It is also full of **vitamin B6** and **potassium**!

Several studies connect a lycopene-filled diet to a reduced risk of some cancers as well as heart disease. Watermelon contains about 15 to 20 milligrams (mg) of lycopene in a two-cup serving of watermelon, compared to 4 to 5 mg found in one standard size tomato.

Did you know that there are over 50 varieties of watermelon? You may be surprised to cut one open to find that the fruit is red, yellow or even orange inside.

No matter which size or shape you choose, watermelon is a perfect summer snack!



Watermelon
is low in calories and
packed with vitamins
A and C.

SEPTEMBER

Join America On the Move!



Take **small steps** toward a *healthier you!*

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, help you lose weight, improve your coordination and even boost your self esteem.

Aerobic Exercise

When you design your fitness program, consider your goals. Think about your likes and dislikes and not your personal barriers to fitness. Regardless of age, weight or athletic ability, aerobic exercise is good for you!

When you are ready to begin exercising – start slowly. At least 30 minutes of daily aerobic activity, such as walking, biking or swimming, can help you live longer and be healthier. Always remember to progress slowly. A great starting routine is to walk 10 minutes in the morning and 10 minutes in the evening. Add a few more minutes to each session. Try picking up your pace intermittently. Soon you could be walking briskly for a least 30 minutes a day and reaping all the benefits of regular aerobic activity. Other aerobic options may

include dancing, bicycling, stair climbing, elliptical training and rowing. Find something that you enjoy and stick with it. Just get moving and you will be on the road to good health!

With the addition of 70 state-of-the-art pieces of equipment in the new 4,000 square foot Wellness Center, the Roper YMCA Family Center offers programs and services to better serve the children and families in our community. A Roper YMCA membership includes access to all of the Family Centers in the association.

The Roper YMCA holds group exercise classes including 15 minute and 30 minute Abs/Core classes, Pilates, Yoga and kickboxing. The Group Exercise Schedule is available at www.centralfloridaymca.org.



The Roper YMCA Family Center

100 Windermere Road
Winter Garden, FL 34787
407.656.6430

What is peripheral artery disease? Who is at risk? How is it treated?

Peripheral artery disease (PAD) is a condition similar to coronary artery disease and carotid artery disease. PAD develops due to fatty deposits that build up in the inner linings of the artery walls. These blockages restrict blood circulation, mainly in the arteries leading to the kidneys, carotids, arms, legs and feet. In its early stages, cramping or fatigue in the legs and buttocks during activity is a common symptom. **However, if left untreated, PAD can lead to disability or amputation and is also associated with a high risk of heart attack and stroke.**

Many individuals who experience leg muscle discomfort caused by PAD often think it is a part of the normal aging process and do not tell their physician.

The most common warning signs and symptoms of PAD include one or more of following:

- The symptom of fatigue, heaviness, tiredness or cramping in the leg muscles (calf, thigh or buttocks) that occurs during activity. Such cramping subsides when the person stands still. This is called intermittent claudication.
- Skin wounds or ulcers on the feet or toes that are slow to heal (or that do not heal for 8 - 12 weeks).

Who is at risk for PAD?

Adults over 50 years of age are at high risk for developing PAD. This risk is increased if you:

- Smoke, or used to smoke
- Have high blood pressure
- Are African American
- Have diabetes
- Have abnormal blood cholesterol
- Have a personal history of coronary heart disease or stroke

Techniques used to diagnose PAD include a physical exam, ultrasound, Angiography, CT scans and magnetic resonance imaging angiography (MRA).



David Varnagy, M.D., R.V.T., completed his training in General Surgery at Mount Sinai Medical Center of Greater Miami and Vascular Surgery at University of Medicine and Dentistry of New Jersey-New Jersey Medical School. Dr. Varnagy is Board Certified in General Surgery and Vascular Surgery. He concentrates his practice in minimally invasive arterial and venous therapy, including aneurysm repair, lower extremity revascularization, dialysis access and carotid revascularization.

Dr. Varnagy's office, Central Florida Vein and Vascular Center, can be reached at **407.293.5944** and is located at inside Health Central at 10000 West Colonial Drive, Suite #495 in Ocoee.



How is it treated?

Most people with PAD can be treated with lifestyle changes, medications or both.

In some cases, angioplasty or surgery may be necessary to alleviate the symptoms of PAD. Angioplasty is a non-surgical procedure that can be used to dilate narrowed or blocked arteries. A balloon is passed into the narrowed artery segment. The balloon is then inflated, compressing the build-up and dilating the narrowed artery so that blood can flow more easily. Often a stent, a cylindrical, wire mesh tube, is placed in the narrowed artery to keep it open.

If the narrowing involves a long portion of an artery, surgery may be necessary. A vein from another part of the body or a synthetic blood vessel is used. Used as a bypass, the synthetic blood vessel is attached above and below the blocked area to detour blood around the blocked area.

Healthy Fish Recipes

FISH is low fat, low in calories and is a good source of protein. Filled with riboflavin (vitamin B2), which aids the body in the metabolism of amino acids and carbohydrates, and vitamin D, which helps promote calcium absorption, fish is rich in calcium and phosphorus. It is also a great source of minerals such as iron, zinc, potassium, iodine, and magnesium.

Nutritionists have come to recognize the importance of including omega-3 fatty acids in our diets. Many types of fish are an excellent source of omega-3 fatty acids, especially salmon, tuna (canned light), trout, sardines, sea bass, oysters, crab, perch, shrimp and cod.

Numerous studies show that Omega-3 fatty acids:

- Protect against stroke and heart attack
- Reduce blood pressure and cholesterol
- Help prevent and relieve arthritis
- Promote healthy brain function

Although mercury and other contaminants may be present in the fish you eat, it is possible to reduce your exposure by following the guide below:



HOW TO COOK FISH

In general, the cooking time for fish is 10 minutes (20 minutes if frozen) for every inch of thickness.

- **Bake** at 400 degrees Fahrenheit until just tender. Cook approximately 12-15 minutes until fish becomes opaque.
- **Poach:** Simmer fish steaks and fillets in broth, water, juice or milk (just barely enough to cover the top of the fish) in a covered skillet for approximately 10 minutes.
- **Broil/grill:** Marinate fish or brush with a little olive oil before and during cooking to keep fish moist. Cook approximately 10-15 minutes.
- **Microwave:** Arrange fillets with thicker parts pointing outward in a microwave – safe dish and cover. Cook approximately 3 minutes or until opaque. Remove fish from heat and let it stand 3-4 minutes to finish cooking. Fish is done when it flakes easily with a knife.

BROILED HALIBUT WITH TANGY YOGURT SAUCE

- 2 cups plain yogurt
- 1/4 cup lemon juice
- 1 clove garlic, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 (6 ounce) halibut fillets

Preheat broiler. Combine yogurt, lemon juice, garlic, salt and pepper in a small bowl; mix well.

Line a broiler pan with foil and place fish on top, skin side down. Spread half the yogurt sauce over fish fillets. Put fish 4 inches under broiler and cook for 10 minutes, or until fish flakes easily with a fork and topping is golden.

Serve warm with yogurt sauce on side. Serve alongside broccoli or rice for a healthy dinner.

Makes 2 servings

SALMON BURGER WITH DELICATE TARRAGON AIOLI SAUCE

BURGER

- 1 packet (6 ounces) vacuum-sealed pouch pink salmon
- 1/4 cup dried bread crumbs
- 1/3 cup chopped green onions
- 1/4 cup chopped cilantro
- 2 egg whites
- 2 tablespoon lime juice
- 1/8 teaspoon ground red pepper

TARRAGON AIOLI SAUCE

- 1/3 cup fat-free sour cream
- 1 1/2 tablespoons reduced-fat mayonnaise
- 1 tablespoon fat-free (skim) milk
- 1/2 teaspoon dried tarragon leaves
- 1/4 teaspoon salt
- 1/8 black pepper
- 4 lime wedges
- Cilantro (optional)

Combine Tarragon Aioli Sauce ingredients in small bowl. Refrigerate 10 minutes while making burgers.

Combine burger ingredients in medium bowl.

Coat large nonstick skillet with nonstick cooking spray and place over medium heat until hot. Spoon equal amounts of salmon mixture into 4 mounds in skillet. Using a spatula, flatten each mound. Cook 3 minutes on each side or until golden. Serve with Tarragon Aioli Sauce along with lime wedges and garnish with cilantro, if desired.

Makes 4 servings (1 burger plus 2 tablespoons sauce per serving)

FISH ON THE GRILL

- 1/4 cup soy sauce
- 1 green onion, coarsely chopped
- 1/2 lemon, sliced
- 1 slice gingerroot, 1-inch long, halved
- 4 (6 ounce) firm fish fillets

Combine soy sauce, onion, lemon, ginger and fish fillets in a resealable plastic bag. Marinate in the refrigerator for 30 minutes, turning periodically. Meanwhile, prepare hot coals in the grill (or preheat gas grill). Spray grill rack with non-stick cooking spray, heat well-greased grill to medium-high heat.

Remove fillets from bag, discarding marinade. Place on grill. Cook about 4 to 5 minutes per side, turning once, or until fish is firm and flaky.

Makes 4 servings



Shaila Philip, MS,RD,LD, Health Central's Clinical Nutrition Manager and registered dietitian, holds a Bachelor's in Nutrition and Dietetics and a Master's in Home Economics and Education. She has been with Health Central for 20 years.



Fish can protect
against stroke and
heart attack.

Celebrate with Health Central!

NATIONAL ASSISTED LIVING WEEK September 12 – 18

Health Central Park Nursing and Rehabilitation Center, the 228-bed facility located at 411 N. Dillard Street in Winter Garden, is dedicated to providing professional, compassionate care that enriches and enhances life in a home-like environment. *Health Central Park is the proud recipient of the 2009 Step 1 AHCA/NCAL National Quality Award.*

A variety of programs distinguish Health Central Park as a respected nursing and rehabilitation center, establishing it as a leader in long term care. A full-time Nurse Practitioner on staff assures quality assessments and professional medical care as an extension of physician's services.

The Rehabilitation Center offers both inpatient and outpatient therapy services. The Center assists clients to achieve their optimum level of independence using specialized orthopedic rehabilitation equipment, modern Nautilus® strengthening equipment and cutting edge techniques. Please visit healthcentral.org/health-central-park or call 407.296.1600 for more information.



NATIONAL REHABILITATION WEEK September 20 – 26

The Health Central Rehabilitation Center provides a superior level of care, making it the most favorable choice for patients and their families. The 5,200 square foot state-of-the-art Rehabilitation Center offers an array of programs to assist those recovering from an injury or recuperating from surgery.

Staffed with highly trained physical, occupational and speech therapists, the Health Central Rehabilitation Center delivers rehabilitation services to obtain optimal results. The staff supports patients during their recovery by restoring lost function, improving mobility, relieving pain and achieving the highest possible level of independence and wellness.

Please visit healthcentral.org/rehabilitation-center for more information and call 407.296.1900 to make an appointment.





“You can make a difference with your gift!”

DONATE
by cell phone!!
Text **HEALTH**
to **50555***

Dear Friends,

Did you know the Health Central Foundation has three annual Signature Events in which you can participate? Our most recent was **Links to Health Golf Tournament** at the Villas of Grand Cypress where over 120 golfers participated, helping to support their community hospital. Our next event will be in October... **Swings 'N Strings Tennis Extravaganza** at the Isleworth Country Club. If you love tennis, you won't want to miss the chance to play with and learn from the pros! See below for further information.

You can make a difference with your gift! All gifts are greatly appreciated. There are many ways to give to the Foundation, helping your community hospital grow. Have you thought about joining the Hope & Healing Society? As a member you will become part of an elite group of individuals that want to shape the quality of life in our community. Members are rewarded with privileges, but the greatest reward is the legacy of your gift and the impact you can make on future generations.

Together we can grow a healthier community and a healthier tomorrow!

David P. Sylvester, President, Health Central Foundation

*A one-time donation of \$10 will be added to your mobile phone bill or deducted from your prepaid balance. You will also receive up to 4 messages per month from Health Central Foundation Alerts. Msg&Data Rates may apply. All charges are billed by and payable to your mobile service provider. Service is available on most carriers. Donations are collected for the benefit of Health Central Foundation by the mGive Foundation and subject to the terms found at www.mGive.com/A. To unsubscribe text STOP to 50555, for help text Help to 50555.

JULY

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AUGUST

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SEPTEMBER

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AARP Driver Safety Program

This class teaches safe and defensive driving. Held on July 15 & 16 from 9am – 1pm at 411 N. Dillard Ave in Winter Garden. The cost is \$12 for AARP members (must bring card) and \$14 for non-members. For additional information and to register for the class, please call AARP at 1.888.227.7669.

Blood Drive

July 15 and September 9 from 9am to 3pm at Health Central. For additional information, please call 1.888.9DONATE.

CPR Certification Course

Heartsavers CPR (\$35) covers adult/child/infant CPR and choking. Held July 13 from 2pm - 6pm in the Gleason Room. Please call 407.296.1440.

Cardiac Rehabilitation Program

This 12-week program meets three times per week and requires a physician's referral. Please call Joyce McIlroy at 407.296.1599.

Car Safety Seat Workshops

These workshops teach parents how to properly install a car seat on July 8 in the Gleason Room and August 5 and September 16 in the Strategic Planning Room on the 4th Floor from 2pm to 4pm. For more information call Carissa at 407.521.4673 ext. 114.

Childbirth Educational Class

These free classes are designed to prepare expectant parents for childbirth experiences. Held (five consecutive Tuesdays) July 20, 27, Aug. 3, 10, & 17 and Aug. 31, Sept. 7, 14, 21, & 28 from 6:30pm to 9:30pm in the Gleason room at Health Central. Call 407.254.6893 for more information and to sign up.

Free Diabetes Education Class

The Health Central Diabetes Center instructors are certified and trained in the latest diabetes treatments. Attendees must have a physician's referral and call to reserve a spot in each class. Coming soon: classes in Spanish and Creole! For additional information and to register for the class, please call 407.296.1447.

Monday: 5:30pm - 9pm

Tuesday (three a month): 8:15am - 5pm

Wednesday: 10:00am – 4:00pm

Thursday (Gestational Diabetes): 9:30am - 1:00pm

Saturday (July 24): 8:15am - 5pm

Freedom From Smoking

Health Central offers a 5-week program to ease the transition into becoming a non-smoker. Classes are held from 7am – 9am on Tuesday, Thursday and/or Saturday. There is an \$80 fee for the program. Please call Kevin Pullin at 407.296.1595.

Introduction to Medical Terminology

This four-part program (\$40) is an overview of the language of medicine from 8am - 10am. Please call 407.296.1440 to register.

July 9 – Part 1 - Bradford Room

July 16 – Part 2 - Gleason Room

July 23 – Part 3 - Gleason Room

Aug. 6 – Part 4 - Board Room

Kidney Education Class

Held on July 2, Aug. 26, Sep. 23, Oct. 28, Nov. 18 and Dec. 16 in the Bradford Room from 9am - 11am. Call Susan Thomas to register at 407.849.1567 or 1-888-MyKidney.

Pulmonary Rehabilitation

This is a 36-session rehabilitation program for those with Chronic Obstructive Pulmonary Disease. Registration and a physician's referral are required. Classes are held on Tuesday, Thursday and Saturdays. For additional information and to register, please call Kevin Pullin at 407.296.1595.

S.A.F.E.

This course is for TEENAGED AND ADULT WOMEN ONLY. It is designed to educate women about realistic options that will help them avoid, escape and survive an assault. Presented by the Ocoee Police Department. July 28 from 8am – Noon in the Gleason Room. Please call 407.296.1440 to register.

Safe Sitters®

Safe Sitter is a medically accurate, hands-on, class (\$50) that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children. Safe Sitters will also learn babysitting business skills, how to entertain children and keep them safe.

July 9 & 10, July 26 & 27 and August 2 & 3 from 9am - 3:30pm in the Gleason Room. Please call 407.296.1440 for more information and to register.

To download a registration form, please visit healthcentral.org/health-central-university.

Support Obesity Surgery (SOS)

Open to all persons having had or considering SOS regardless of type of surgery or surgeon. Held on July 24, August 28 and September 25 from 10am - 12pm in the Gleason Room. Post-op patients should meet with a Dietitian and a Psychologist in the Bradford Room at that time. For further information, please call 407.839.3700.

COMMUNITY EVENTS

Health Central Community Health Fair Saturday, September 25, 2010 10am – 1pm

Health Central Atrium

Join Health Central for invaluable education tools from over 20 health-related vendors! Free health screenings to the first 120 registrants. Please call 407.296.1496 to reserve a time.

Community in Pink - make a difference in the fight against breast cancer Saturday, October 9, 2010

Winter Garden Village at Fowler Groves
5K race begins at 7:30am

Fun Walk begins at 10:00am

(5K registration at 6:30am; Fun Walk registration at 9am)
Health Central's second annual 5K race and family festival will feature free health screenings, music, giveaways, food and fun! Please visit healthcentral.org/communityinpink for more information and to register.

Health Central Foundation Swings 'N Strings Tennis Extravaganza Saturday, October 16, 2010

Registration: 1pm • Clinic: 2pm – 6pm

Professional Exhibition: 6pm • Concert: 7pm

Join the Foundation for a tennis clinic, competitive play and professional exhibition that will feature local celebrity tennis professionals. Individual player registration includes lunch and two tickets to the exclusive evening concert. For further information, please contact 407.296.1812 or healthcentral.org/foundation.

SENIOR ELITE PROGRAM

SHINE

Free insurance counseling for Seniors on September 20 in the Bradford Room from 10am – 12pm. Call Heather with questions at 407.514.1823.

Movie Matinees

All Movies are free for Elite Members. Please call 407.296.1497 to reserve a spot. Light snacks and drinks will be served.

July 12 (MONDAY) –

1pm – 3pm - Gleason Room

NINE (2009) – A romantic movie based on a Tony® Award winning Broadway musical.

August 27 (FRIDAY) –

1pm – 3pm - Gleason Room

The Blind Side – A comedy-drama starring Sandra Bullock.

September 22 (WEDNESDAY) –

1pm – 3pm - Gleason Room

Sherlock Holmes – An action movie starring Robert Downey, Jr. and Jude Law.

Cruises presented by OmniTours

Call Barbara at 1.877.787.6664 to book your reservation.

Carnival Dream 7-night Eastern Caribbean
November 6 – 13, 2010

Sailing from Port Canaveral

The Norwegian Sun

February 5 – 12, 2011

Sailing from Port Canaveral

Day trips presented by Life's A Trip!

September 22 - The Florida Aquarium

October 13 - Tarpon Springs

For more information and for prices, please call Life's A Trip at 407.999.8940.

Senior Elite Trip

Wednesday, July 21 - Seminole Hard Rock Tampa
\$20/person (cash only)

Reservation deadline: Friday, July 9 at noon

Register with Laurel at the Health Central marketing office on the 4th floor
8am departure from Health Central parking lot - 3:30pm return

Receive \$25 in FREE PLAY and \$5 food voucher

(Trip based on a 45 person minimum, first come first serve)

What's Up Doc? Lunch and Learn

Monday, August 16, 12pm - 1pm

Gleason room at Health Central

A light lunch will be served.

Please call 407.296.1497 to sign up.

Health Central Walkers

The Walkers meet at the West Oaks Mall everyday at 8am. To record your laps, please call 407.253.2530.

Support Groups

Diabetes Support Group

Support Groups are scheduled on the last Tuesday of each month (July 27, August 31 and September 28) from 6pm – 8pm. The sessions will include a guest speaker who will offer expertise on various diabetes topics and lead a discussion afterwards followed by a food tasting. Please call Health Central Diabetes Education at 407.296.1447 to sign up.

Prenatal Breastfeeding Class

Attend these classes to meet other pregnant women and learn how to breastfeed. Held July 1, August 5 and September 2 from 6:30pm – 8:30pm in the Bradford Room at Health Central. Contact Kristin at 321.246.6912 for more information.

Postpartum Breastfeeding Support Group

This free course is for postpartum moms to help gain support and help with breastfeeding. Classes are from 1pm - 2pm on Friday, July 9 & 23, August 6 & 20 (held in the Executive Conference Room) and September 3 & 17 (held in the Health Central Bradford Room). For more information, contact Kristin at 321.246.6912.



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This publication in no way seeks to serve as a substitute for professional medical care. Consult a physician before undertaking any medical treatment or beginning an exercise program or dietary guidelines. Please visit healthcentral.org/physician-directory to find a doctor.

COMMUNITY

in Pink

Make a difference
in the fight against
Breast Cancer

5K RACE & FUN WALK

*Saturday,
October 9, 2010*

Winter Garden Village at Fowler Groves
5K Race begins at 7:30am
Fun Walk begins at 10:00am

Health Central's second annual 5K race, Fun Walk and family festival will feature free health screenings, music, giveaways, food and fun!

Please visit healthcentral.org/communityinpink for more information and to register.

