



Health story tips and questions: Call 352-753-1119 ext. 5374

HealthExtra

Combine Aerobic Exercise And Strength Training, C2

Cluster Headaches: The disorder has no trigger and operates on a cycle, for many in the fall. **C7**

Activity: Sitting all day is unhealthy, mitigate the effects with a five-minute walk every half-hour. **C10**

America's Healthiest Hometown

Our community medical partners are committed to making The Villages a preeminent home to quality health care, longevity and enhanced quality of life for seniors. It's a mission crafted through innovative primary care practices, cutting edge technology, a nationally renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Daily Sun Senior Writer Summer Jarro.

From The Villages Health Doctors

The Villages Health is partnering with The Villages Grown to offer "Shop with a Registered Dietitian" events. Attendees can go to The Villages Grown location at the Market at Sawgrass Grove and a dietitian will give tips on healthy eating, recipes and staying on track when it comes to nutrition goals. The next events are from 10 to 10:30 a.m. and 10:45 to 11:15 a.m. Thursday at the Market. To register, go to thevillageshealth.com/events/categories/classes/, where you also will find information on The Villages Health's other classes and programs.

From Local Health Researchers

Researchers at the University of Florida have preliminary findings about how to prevent the advance of Epstein-Barr virus. The virus can be dormant for many years, and it can increase the risk of cancers and other diseases. UF researchers worked to find when the virus begins replicating, because if they can stop it from replicating it's a dead end for the virus, said Sumita Bhaduri-McIntosh, a professor and chief of pediatric infectious diseases in the University of Florida College of Medicine's department of pediatrics, in an article from UF Health News.

At The Villages Health Learning Center

The Villages Health Learning Center has several videos available online for the community to learn health tips, including a video on how exercise improves brain health. The video, led by Kari Walker, population health specialist at The Villages Health, discusses the positive impacts exercise has on the brain, including increasing brain volume, creating new blood vessels in the brain, strengthening neural pathways, increasing serotonin and dopamine levels, and more. For more information on the presentation, go to thevillageshealth.com/learning-center/.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

The Villages Homeowners Advocates is hosting the Health & Wellness Expo from 3 to 7 p.m. Nov. 14 at Colony Cottage Recreation. There will be a speaker series on multiple topics including the science of dementia, staying mobile while aging, proper nutrition and more.

2

The Pharm Stand in Brownwood is giving customers the chance to learn more about the business, and how medical marijuana and CBD works. From 4 to 5:30 p.m. Monday to Friday, guests can come into the location, enjoy free wine and cheese, and ask questions about products.

3

The Villages Health is hosting a hiring event from 9:30 a.m. to 1:30 p.m. Nov. 17 at Lake Deaton Care Center, 779 Kristine Way. Roles it looks to fill include medical assistant, licensed practical nurse, patient support operator, new patient advisor and more.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies) and the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch).

The Villages Health

The Villages Health opened its doors in 2012 with the goal of putting the focus back on patients. It includes seven primary, and two specialty, care centers in the community.

Have peace of mind with your Medicare Enrollment for 2024.



Come and stop by our office to review plans in your area!

OPEN HOUSE
November 15 & 21
10am-2pm

Guided Solutions - Freedom Plaza
3990 E SR 44, Suite 205
Wildwood, FL 34785
9:00 am - 5:00 pm

(352) 260-0151 (TTY: 711)

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