



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

HealthExtra

AARP Finds View of Age Online Is Improving, C6

Health Commentary: Although breast cancer is a physical disease, it can have mental impacts. **C5**

Chair Yoga: The lower impact form of the practice makes the benefits of yoga more accessible. **C7**

Support	C2
Social Security	C4
Cancer & PTSD	C5
Portrayal of Age	C6
Positive Aging	C6
Chair Yoga	C7

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 Staff Writer Garrett Shiflet.

From Local Health Staff

Residents looking to make lifestyle changes such as losing weight, managing stress, or hitting other physical, social and environmental goals can fill out an online interest survey form provided by The Villages Health. The form connects residents with The Villages Health and its Health Coaches that can take them through a personalized plan for the specific wellness changes they'd like to pursue. The program involves an initial visit with staff from The Villages Health and multiple followups to keep residents on track. To fill out the survey visit tinyurl.com/3a5xb7r3.

From Local Health Researchers

Charter Research offers free events for the public to take part in ranging from support groups to movie screenings. Charter Research is offering its POP into Senior Living Expo at 10 a.m. Oct. 30 at the Epic Theatres Old Mill Playhouse in Lake Sumter Landing. According to the research center's website, the expo will provide the public with resources for healthy senior living. To register for the expo, visit charterresearch.com/events/. Charter Research is located at 1025 Lake Sumter Landing in The Villages and can be contacted at 352-441-2000.

At The Villages Health Learning Center

The Villages Health Learning Center host a variety of courses, seminars and programs to help a wide variety of ailments both in-person and online. The Villages Health is offering "Effective Communication with Someone Who Has Dementia" from 1 to 2 p.m. Wednesday. This is the latest edition of the Empowered Caregiver series offered by The Villages Health. Dementia affects millions across the world and United States. It is considered the seventh leading cause of death by the World Health Organization. To sign up for the event visit thevillageshealth.com/events.

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.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

According to the Centers for Disease Control and Prevention one in five, or about 54 million, adults in the country suffer from arthritis, and it is considered a leading cause of work disability in adults. The CDC offers management and treatment online at cdc.gov/arthritis/.

2

The public can order free at-home COVID-19 tests online from the federal Administration for Strategic Preparedness and Response. Each household is able to order four tests at no charge, including shipping. To learn more information and order free tests, visit covidtests.gov.

3

The American Foundation for Suicide Prevention is hosting its Out of the Darkness Walk at 10 a.m. Saturday at Lake Okahumpka Park in Wildwood. The walk has a fundraising goal of \$15,000, with funds going toward suicide prevention efforts. The public can donate or register for the walk at tinyurl.com/4wr66tpt.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies), the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch), and K2 Medical Research (craigcurtismd.com).

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