

Support	C2
Social Security	C4
Positive Aging	C5
Heart Rate	C6
Menopause	C7
Anxiety	C9



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

# HealthExtra

## Tips for How to Cope With An Anxiety Disorder, C9

**Cinnamon:** The common holiday spice may have some hidden health benefits. **C6**

**Oatmeal:** The versatile and inexpensive dish is an ideal heart healthy breakfast choice. **C8**

# 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

Transition Life Consultants Services is offering a free Zoom presentation called "New Year, New Horizons: Embracing a Fresh Start." from 10 a.m. to 11 a.m. Jan. 9. The program will be overseen by Bonnie Hovel and Dr. Jim Deutch, both licensed clinical social workers. TLC Services is a 501(c)(3) organization made up of retired social workers, therapists and psychologists that offers services to the community such as free education and individual counseling. Registration is required at [tlc-services.org](http://tlc-services.org). Questions regarding registration or the event can be made to [groups@tlc-services.org](mailto:groups@tlc-services.org).

### From Local Health Researchers

UF Health has announced results of a study that suggest yoga and psychological intervention can help reduce anxiety and depression in women diagnosed with cancer. The findings of the UF Health Cancer Center study was conducted during a 10-week program involving 125 patients, of which 51 contributed data for the study's findings. The announcement stated: "Women reported lower depression and anxiety symptoms after the intervention than before. The researchers measured symptoms using a series of questionnaires that are used nationwide." For more information, visit [ufhealth.org](http://ufhealth.org)

### At The Villages Health Learning Center

The Villages Health Learning Center hosts a variety of courses, seminars and programs, both in-person and online, to help a wide variety of ailments and lifestyle changes. Clinical psychologist Dr. Roger Miller, at Aviv Clinics, will be overseeing a class called Navigating Family Stress from 9:30 to 10:30 a.m. Thursday at The Center for Advanced Healthcare at Brownwood. The class will go over stress, its effect on health and sleep, and methods to help ease stress. To sign up for the class and other opportunities with The Villages Health Learning Center, visit [thevillageshealth.com](http://thevillageshealth.com).

### 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

The Centers for Disease Control and Prevention has issued food safety alert on cucumbers from SunFed Produce, LLC that have been traced to have a strain of salmonella. The report stated that the 68 people in 19 states have been infected. The cucumbers have been recalled. For more information visit [cdc.gov](http://cdc.gov).

2

The World Health Organization issued travel advice for international travelers about infectious diseases. Currently, the WHO has travel advice pamphlets for dengue disease and zika virus. To learn more information about travel advice from the WHO, visit [who.int/travel-advice](http://who.int/travel-advice).

3

The SHINE (Serving Health Insurance Needs of Elders) is hosting group presentation called "Understanding Medicare" will be made at 1 p.m. Wednesday at Aviary Recreation. For more information, visit [floridashine.org](http://floridashine.org) or call 800-963-5337

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

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