



Health story tips
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HealthExtra

SECTION

C

FEATURING
INSIDE

Support C2
Social Security C4
Diagnosing SAD C6
Balance C7
Stroke Recovery C8
Health Services C9

Your Nutritional Needs Change As You Age, C10

Broken Resolutions:
Self-limiting beliefs may influence the success of behavioral changes. **C5**

Tremor Treatment:
A new machine targets brain areas causing movement disorders. **C11**

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 "Loving Yourself: Be Your Own Valentine" from 10 to 11 a.m. Feb. 13. The presentation revolves around self-care and building confidence in a person. 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. Questions regarding registration or the event can be made to groups@tlc-services.org.

From Local Health Researchers

Aviv Clinics is a health clinic centered on improving the health and lifestyle of residents through its hyperbaric oxygen therapy. Aviv Clinics is involved in new research on how their treatment can improve multiple conditions, including post-traumatic stress disorder, stroke and more. The clinic has been open five years in the community. Aviv Clinics also hosts free events regularly, including an event titled "Balancing Out for the New Year" at 2 p.m. Jan. 20 at Lake Deaton United Methodist Church. For more information or to sign up for an event, visit aviv-clinics.com.

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. This includes a community walk from 8:30 to 9:30 a.m. Jan. 31 in Spanish Springs Town Square. The event will be a casual stroll coordinated by a population health educator from The Villages Health. To sign up for the walk and other opportunities with The Villages Health Learning Center, visit 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 CDC has said there are 66 confirmed human cases of H5N1 bird flu in the U.S. since 2024 and it reported the first death from H5N1 ever in the U.S. occurred in Louisiana on Jan. 7. According to the CDC, all exposures thus far have been from animal-to-human transmissions. More information is available at cdc.gov.

2

Elevate Your Health: Health Empowerment Expo takes place from 11 a.m. to 3 p.m. Jan. 25 at Lake Square Mall in Leesburg. The event is free and open to the public to meet local health and fitness resources. Lake Square Mall is at 10401 U.S. 441 in Leesburg. For more information visit lakesquaremall.com.

3

Flu season is currently underway in the United States with cases of influenza peaking now through February, according to the Centers for Disease Control and Prevention. The CDC publishes weekly updates on its FluView report, available at cdc.gov/fluview/.

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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