



Health story tips
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HealthExtra

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Balance Could Support Healthy Heart, Brain, C6

Sleep Quality: Better sleep may impact stages of cardiovascular-kidney-metabolic syndrome. **C7**

Vascular Dementia: This occurs when blocked blood vessels limit nutrients to the brain. **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 Managing Editor Lauren Richardson.

From Local Health Staff

Transition Life Consultants is offering a free Zoom presentation called "The Art of Letting Go" from 10 to 11 a.m. April 10. The presentation focuses on accepting situations instead of trying to change what others do so you can prioritize your own well-being and happiness, set boundaries and reduce unnecessary stress. 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 for all presentations at tlc-services.org.

From Local Health Researchers

Charter Research, located in The Villages and Orlando, is currently recruiting for several clinical trials in pursuit of new discoveries for cures and treatments of many of the most common debilitating diseases, including Alzheimer's disease, obesity and MASH. Trials depend on volunteers who fit certain criteria being monitored over a period of time. Sign up for an initial pre-screening assessment at charterresearch.com/studies. The Villages location is open from 8 a.m. to 5 p.m. Monday through Friday at 1025 Lake Sumter Landing. Call 352-441-2000 for more information.

At The Villages Health Learning Center

The Villages Health offers a variety of classes, wellness programs and courses to help keep people healthy. TVH is sponsoring Creating Healthy Habits That Stick, a wellness program that runs from 2 to 3 p.m. Wednesday. Participants will have the opportunity to learn how they can adopt healthy habits that will last by creating small, daily routines. The program will be held at Creekside Care Center, 1050 Old Camp Road, Building 100 in The Villages. Register for courses offered through The Villages Health Learning Center at thevillageshealth.com.

THIS WEEK'S FITNESS GOAL

Flexibility: Exercising and stretching can help you to move more freely. Remember to stretch when your muscles are warmed up and consider incorporating yoga into your daily life.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

Local residents can take part in The Villages Health's bingo game April 9. The game will give participants an opportunity to mingle with a few social breaks. Bingo runs from 11 a.m. to noon at the Eastport Care Center, 1346 Dewey Drive in The Villages. Register at thevillageshealth.com.

2

The Sjogren's/Rheumatoid Arthritis Support Group in The Villages is hosting a local Walk for Sjogren's at 11 a.m. April 11 at Spanish Springs Town Square. It's part of the national Walk for Sjogren's initiative in April, which is Sjogren's Awareness Month. Donate at sjogrens.org/walks.

3

The next meeting of the Lewy Body Dementia support group at Charter Research is Wednesday. Anyone with Lewy body and their loved ones can attend. The meeting starts at 3 p.m. at Charter Research, 1025 Lake Sumter Landing in The Villages. Register at charterresearch.com/events.

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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Paul Mahle, MD



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