



Health story tips and questions: Call 352-753-1119 ext. 5367

HealthExtra

Support	C2
Volunteer	C4
Nutrition	C5
Social Security	C6
Flamenco	C7
Toning	C8

Villager Celebrates Spanish Culture Through Dance, C7

Nutrition: Studies find exercise may be important to developing a healthy gut microbiome. **C5**

Low Impact Training: The exercise supports flexibility, mobility, balance and more. **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 Daily Sun staff writer Brea Jones.

From Local Health Staff

Serving Health Insurance Needs of Elders, also known as SHINE, provides free health insurance advice for seniors. The program is run by the Florida Department of Elder Affairs and has branches throughout the state and in the local area. Trained SHINE volunteers see clients at three Villages recreation centers: Lake Miona, Eisenhower and Chula Vista. People can arrive from 9-11:30 a.m. second and fourth Tuesdays at Lake Miona, 9-11:30 a.m. first and third Wednesdays at Eisenhower and 3-5:30 p.m. first and third Fridays at Chula Vista. Go to floridashine.org/Home.aspx for more information.

From Local Health Researchers

Metabolic Dysfunction-associated Steatohepatitis (MASH) is caused by a buildup of fat around the liver, which can lead to liver failure. Charter Research, a research institute located in The Villages, is scheduling assessments for an open case study testing the effectiveness of a drug being developed as a possible treatment for MASH. Preliminary qualifications for the study include being from 18-75 years old, being diagnosed with MASH and having a BMI of 27 or higher. Visit charterresearch.com or call 352-441-2000 to learn more or sign up to schedule your assessment for the study.

At The Villages Health Learning Center

A well-balanced diet rich in vitamins and minerals has many benefits for the body's health, including an increase in energy and a stronger immune system. The Villages Health will bring a registered dietitian to teach ways to prevent or manage kidney disease through the food you eat. Find ways to keep a healthy diet during the Your Diet vs. Kidney Disease class hosted by The Villages Health. The class will run from 9-10 a.m. on July 11 at the Colony Care Center, 280 Farner Pl., The Villages. Registration for the class is required. Go to thevillageshealth.com to sign up for the class.

THIS WEEK'S FITNESS GOAL

Endurance: Aim for at least 150 minutes a week of moderate-intensity activities that make you breathe hard, such as brisk walking, dancing or swimming.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

FL Self Advocates Network (SAND) Fellow Leadership Program, hosted by the Florida Developmental Disabilities Coalition, trains individuals in problem-solving. An online informational session about the paid program is at 7 p.m. on July 7. Go to flsand.org/fellows to get the Zoom link.

2

One in four seniors 65 and up fall each year. Ways to prevent falls include doing frequent strength and balance exercises, getting vision and hearing checked regularly and standing slowly or using a cane or walker for more stability. For more information, visit tinyurl.com/2kxh25wt.

3

Take time for you with the Free Dementia with Lewy Bodies Support Group. The support group, hosted by Charter Research, meets at 3 p.m. July 2 at Charter Research, 1025 Lake Sumter Landing, The Villages. Get guidance and make connections with other caregivers. 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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Ali Zarezadeh, MD



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