



Advent Health Wellness Center

Wauchula

July | August | September 2019

Wellness Classes

Pre-Diabetes

A free three-hour class that discusses the meaning of insulin resistance, and physiology of pre-diabetes versus diabetes states. Emphasis is on making lifestyle changes with diet and exercise. Eating healthy, high-fiber foods and a low fat diet, along with exercise and weight loss, are the keys to reversing or delaying pre-diabetes and diabetes. Class times vary and are offered in English and Spanish.

To register, call the Diabetes Center at 863-402-0177.

Cardiac Nutrition Classes

These free classes offer educational information about dietary causes of heart disease, and healthy alternatives to help reverse and delay further progression of heart disease. To register, call 863-386-6421.

Eating Healthy on a Budget

Eating healthy is necessary to feel whole and productive during our daily lives. The price of healthy food may seem out of reach, leaving us to grab the cheapest, most convenient option. However, there are practical, easy choices that save money on healthy food. Members free and non-members \$5. To register, call 863-386-6421.

Healthy Eats

A monthly series of demonstrations aimed at providing healthy eating choices and delicious recipes. Members \$5 and non-members \$10. To register, call 863-386-6421.

Feel Whole Series

Learn ways to prevent or manage the five most common chronic diseases or conditions: Diabetes, Hypertension, Heart Disease, Obesity and Depression. By using the CREATION Life principles you can change your life. Choice, Rest, Environment, Activity, Interpersonal Relationships, Outlook and Nutrition, the key to whole person wellness. Members free and non-members \$5 per class. To register, call 863-386-6421.

AdventHealth Wellness Center Wauchula
610 West Orange Street, Wauchula, FL 33873
863-773-6445 | WauchulaWellness.com

Fitness Classes

Boot Camp

A fun, engaging, fast-moving and effective workout that involves cardio, interval training, and muscular fitness using hand/body weight exercises to increase fitness, lose body fat and improve cardiovascular efficiency. Monday and Thursday 6 – 7 pm. Members free and non-members \$5.

Circuit Strength

A variety of exercises to improve muscular fitness and boost cardiovascular efficiency for your whole body, and a strength-building workout that will boost your metabolism. This format incorporates total body conditioning into multiple “rounds” of exercises meant to challenge and excite you. Tuesday 5:30 – 6:30 pm. Members free and non-members \$5.

Low Impact & Tone

A blend of low-impact dance aerobics and core-conditioning for all fitness levels. Class includes a series of stretch and relaxation exercises. Tuesday and Thursday 8:15 – 9:15 am. Members free and non-members \$5.

Step & Sculpt

A lively, balanced and effective workout that includes high-energy, low-impact floor or step aerobics, and body sculpting. Monday, Wednesday and Friday 8:15 – 9:15 am, Wednesday and Friday 5:30 – 6:30 pm. Members free and non-members \$5.

Tai Chi

An effective exercise to improve health and wellbeing for all fitness levels that can be done standing or seated. The perfect exercise class for people with chronic diseases (like arthritis) and is excellent for relieving stress and helping to prevent falls. Tuesday 10 – 11 am. Members free and non-members \$5.

