



# Advent Health Wellness Center

Sebring

## 2019 Classes July | August | September

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

### Diabetes Self-Management Class

A 10-hour comprehensive education program taught in three sessions. Offers information about the causes of diabetes (insulin resistance), monitoring blood sugars, how medications work, nutrition education, complications, stress management and setting goals for a healthy lifestyle. The cost and class times vary. *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. Classes meet on the third Friday of every month from 12:30 – 2 pm. *To register, call the Cardiac & Pulmonary Rehabilitation Center at 863-386-7180.*

### Tobacco Cessation Classes

Free classes that give you the tools to stop using any form of tobacco. Offers free nicotine replacement patches, gum or lozenges, if appropriate. *To register, call 877-252-6094 or visit the website at [www.ahectobacco.com](http://www.ahectobacco.com).*

### CREATION Life Classes

This free 8-week series will inspire you to make progress toward an abundant life of joy, health, peace and hope. Each letter in the word CREATION stands for a principle of health. *To register, call 863-386-6421.*

### Childbirth Education

A four-week class focused on preparing parents for the childbirth experience. Our instructors are certified childbirth educators with experience in labor support. Topics include comfort measures, breathing patterns, relaxation and massage, medications and epidural along with postpartum care. The class meets from 6:30 – 8:30 pm. \$40 fee. Call for class dates. *To register, call the Childbirth Education Team at 863-402-3258.*

### Breastfeeding Education Classes

A free two-hour class offered monthly to teach the basic skills of successful breastfeeding. Classes are taught by a Certified Lactation Consultant and cover the benefits to mother and baby, getting started, latching, pumping and maintaining/storing your milk supply. Classes meet from 6:30 – 8:30 pm. Call for class dates. *To register, call the Breastfeeding Education Team at 863-402-3405.*

### Stretching

A free 1-hour class that includes a progressive series of poses that flow smoothly to accommodate all fitness levels. The poses increase strength and flexibility while incorporating the concept of mindful movement, linking mind, body and breath. Class meets every Thursday from 10 - 11 am. *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. *To register, call 863-386-6421.*

### Tai Chi

Tai Chi is an effective exercise to improve health and wellbeing. It exercises the entire body, joints, muscles and internal organs while relieving stress and strengthening the mind. Tai Chi will be held every Tuesday from 1 - 2 pm. This class is for beginners and can be done standing or seated. *For more information, call 863-386-6421.*

### Healthy Eats

A monthly series of demonstrations aimed at providing healthy eating choices and delicious recipes. Demonstrations will be held on the third Monday of each month from 10 - 11 am. There is a \$5 fee. *For more information, 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. *For more information, call 863-386-6421.*



# Advent Health Wellness Center

## Sebring

## 2019 Support Groups July | August | September

### “Beat Goes On” Cardiac Support Group

Brings together people facing challenges while managing their heart disease. This meeting offers participants the opportunity to speak openly and honestly about their feelings, improve coping skills, reduce stress/anxiety and share information related to heart care. This group meets monthly on the last Thursday from 3:30 – 4:30 pm.

*For more information, call the Cardiac & Pulmonary Rehabilitation Team at 863-386-7180.*

### “Circle of Hope” Cancer Support Group

Meets monthly and brings together cancer patients, with the support of their friends and family, who need encouragement while going through the challenges of cancer. This group meets monthly on the third Tuesday from 5:30 – 6:30 pm. *For more information, call the Cancer Institute at 863-382-2049.*

### Better Breathers Club

Sponsored by the American Lung Association. This monthly support group provides opportunities for people with lung disorders, along with their family and caretakers, to learn about lung diseases, develop positive coping skills, and share concerns in a social gathering with others. This group meets monthly on the last Friday from 12 – 1 pm. *For more information, call the Respiratory Team at 863-402-3450.*

### Stroke Support Group

Provides stroke survivors and their families an opportunity to support each other as they strive to rebuild their lives and promote health, independence and well-being. This monthly support group will educate you on the changes in physical, social and emotional aspects of life in recovery and assist you in learning new skills or re-learning old ones. You'll also learn to cope and adapt to new limitations to live your best life, post-stroke. This group meets monthly on the second Wednesday from 3:30 – 4:30 pm.

*For more information, call 863-386-6421.*

### Depression Support Group

A licensed professional will lead and engage attendees with the purpose of identifying and managing stressors and problems that may be worsening their symptoms. This group will help you develop skills and coping strategies to assist in removing barriers to recovery. Call for dates and times. *For more information, call 863-386-6421.*

### Autoimmune Disease Support Group

Approximately 50 million Americans suffer from autoimmune diseases. This free 1-hour support group will be offered monthly to help those recently diagnosed or have an autoimmune disease. Meets from 4 - 5 pm the third Monday of each month.

*To register call 863-386-6421.*

### Parkinson's Support Group

Sponsored by the National Parkinson's Foundation. Encourages Parkinson's patients, families, friends and care team members to learn more about caring for and coping with the disease. This group meets monthly.

*For more information, call 863-386-6421.*

### Diabetes Support Group

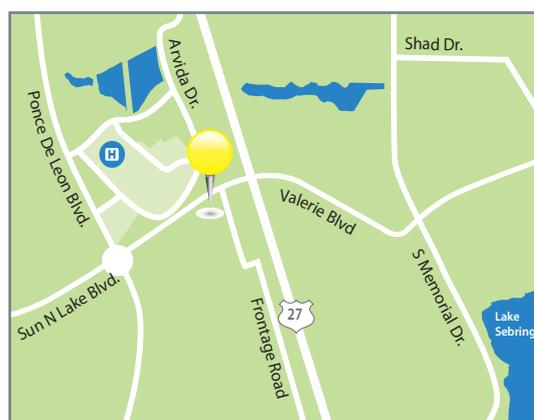
To help people with diabetes achieve optimum management of their disease by sharing updated research/treatments and equip them with the tools to reverse their disease, if possible, with lifestyle changes. This group meets monthly on the 2nd Monday at 1 pm.

*For more information, call 863-402-0177.*

### Grief Support Group

A licensed professional will lead and engage group attendees. The strategy is to develop practical skills and gain knowledge to deal with the stages of grief. The group will offer coping skills to guide you on your journey toward healing. Call for dates and times.

*For more information, call 863-386-6421.*



**AdventHealth Wellness Center**  
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