

WINTER  
2022

# Healthy Happenings



## Letter from our CEO: JOE JOHNSON



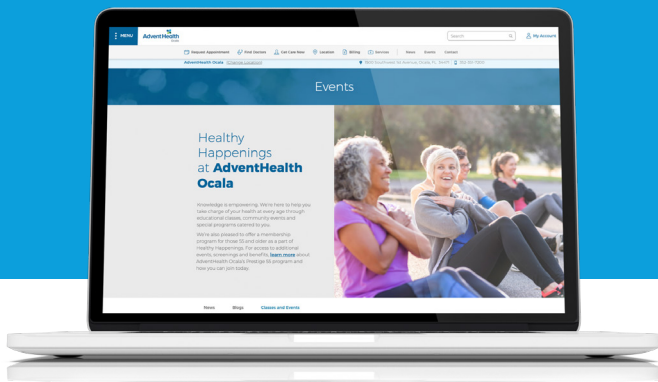
Healthy Happenings is kicking off the new year with a wide range of programs that will support you on your wellness journey. From tips on healthy eating to new exercises to help you stay fit, we know that maintaining good health is more than just an annual trip to your doctor's office. We want to help you reach your goals year-round and provide you with the knowledge and resources to take charge of your health and wellness.

Whether it's lighting your spirits or easing your mind our team at AdventHealth Ocala is here to care for you, body, mind and spirit. We look forward to seeing you at an upcoming Healthy Happenings event.

Wishing you all the best in the new year,

Joe Johnson  
President & CEO  
AdventHealth Ocala

## Visit Healthy Happenings and Register Online!



AdventHealth Ocala's new Healthy Happenings website has launched! Visit us online to view all upcoming events and register today.

[AdventHealthOcala.com/HealthyHappenings](https://AdventHealthOcala.com/HealthyHappenings)

Healthy Happenings is a free program focused on whole-person care through health and wellness programs. The events are open to all residents in our community.



## • Prestige 55 members •

As you review the enclosed events, you'll note some dates feature a P55 footer. These programs are exclusive to Prestige 55 members. All other programming listed is open to all members of our community.

Not a member of Prestige 55? Learn more and join online by visiting [AdventHealthOcala.com/Prestige55](https://AdventHealthOcala.com/Prestige55) or call 352-690-5641.



## • Safety Measures •



AdventHealth Ocala continues to follow CDC and state and local guidelines designed to keep you safe. As a healthcare organization, we currently require anyone entering our facilities to wear a mask. Seating is purposefully limited to support social distancing. Thank you for your understanding.

### Reservations are required for all events

[AdventHealthOcala.com/HealthyHappenings](https://AdventHealthOcala.com/HealthyHappenings) or 352-467-7854

*Not all events are in the same location. All events are free unless otherwise noted.*

Jan

18

## CREATION Life:

### A New Year A New Creation

The new year can be a great chance to start fresh. You were born to enjoy a life that is active, vibrant and filled with joy. Many of us take time to set new goals or recommit to old ones we were unsuccessful at in the past. In Christ, every day is a chance for a fresh start, to be forgiven and to experience God's love and grace. Each day is an opportunity to walk in newness of life. Start living that life today by embracing the principles of CREATION Life, the whole-person approach to health care that quenches the needs of the body, mind and spirit. By making just a few small changes in your daily routine, you can enjoy better health, more happiness and a more fulfilling life. AdventHealth Ocala is here to help. Dinner will be served.

Tuesday, January 11, 2022, 5:00 pm to 6:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala

Gregory Cain, M.Div., CLC  
Director, Mission and Ministry

Jan

25

P55  
EXCLUSIVE

## Being S.M.A.R.T About New Year's Resolutions

We create New Year's Resolutions to improve our lives in the coming year. These may arise in many forms. For example, many people make promises to eat less junk food or go to the gym more often. However, many resolutions commonly end in failure. Why? Because our resolutions aren't S.M.A.R.T! Join us to learn about the importance of S.M.A.R.T goals and why they matter. Refreshments will be served.

Tuesday, January 25, 2022, 9:00 am to 10:00 am  
AdventHealth Ocala TimberRidge  
Training & Education Center, Ground Floor  
9521 SW State Road 200, Ocala

AdventHealth Ocala Wellness Center Team

Health & wellness events  
to help you feel whole\*

Feb

1

## AdventHealth Ocala Hospital Tour

Join us for the opportunity to learn about our hospital's long history in Marion County, tour the important departments and view the latest renovations taking place. Attendees will meet in the Palmer (Main) Lobby. Please note this is a walking tour, make sure to wear comfortable shoes and be able to stand/walk for more than 2 hours.

Tuesday, February 1, 2022, 2:00 pm to 3:30 pm  
AdventHealth Ocala  
1500 SW 1st Avenue, Ocala



Feb

2

## Preparing Heart Healthy Meals

Good eating habits are essential for a healthy heart. Please join us to learn how you can create heart healthy meals at home to protect you from heart disease, diabetes and cancer. You are never too old or too young to begin taking care of your heart! Recipes provided after the lecture and dinner will be served.

Wednesday, February 2, 2022, 5:00 pm to 6:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala

AdventHealth Ocala Food & Nutritional  
Services Team

Reservations are required for all events

[AdventHealthOcala.com/HealthyHappenings](https://www.adventhealthocala.com/HealthyHappenings) or 352-467-7854

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Feb  
8  
P55  
EXCLUSIVE

## How Palliative/Supportive Care Improves Quality of Life

Please join Dr. Lossada for an overview of what palliative/supportive care is and how this holistic care approach improves quality of life for patients who have a serious illness.

Lunch will be served.



Tuesday, February 8, 2022, 12:00 pm - 1:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



Mery Lossada, MD  
Hospice & Palliative Medicine  
Rick Bourne, MS  
Chief Executive Officer  
Hospice of Marion County

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# Love Your Whole Heart Symposium

02.15.22

FEATURING THE LEADING EXPERTS:



Ashishkumar Patel, MD  
Pediatric Cardiology



Julie Ramos, MD  
Cardiology



Ali Alsamarah, MD  
Interventional Cardiology



James Lonquist, MD  
Cardiothoracic Surgery

Feb  
15

## Love Your Whole Heart Symposium

February is National Heart Month and AdventHealth Ocala wants to make sure you get the facts you need to keep your heart healthy and feeling whole. That's why our experts have come together to help you master all matters related to your heart's health. Refreshments will be served.



Tuesday, February 15, 2022, 5:00 pm to 7:00 pm  
Harvey R. Klein Conference Center  
College of Central Florida  
3001 SW College Rd, Ocala, FL



Ashishkumar Patel, MD, Pediatric Cardiology  
Julie Ramos, MD, Cardiology  
Ali Alsamarah, MD, Interventional Cardiology  
James Lonquist, MD, Cardiothoracic Surgery

**Reservations are required for all events**

[AdventHealthOcala.com/HealthyHappenings](https://www.adventhealthocala.com/HealthyHappenings) or 352-467-7854

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Feb

22

P55  
EXCLUSIVE

## The Phases of Cardiac Rehab

Did you know there are 3 phases in your cardiac rehabilitation journey? Please join us as we discuss what each phase entails and how it is customized in order to help you progress in your rehabilitation. Our team will be able to answer questions, address required diagnoses and educate for a heart-healthy living. Refreshments will be served.



Tuesday, February 22, 2022, 9:00 am to 10:00 am  
AdventHealth Ocala TimberRidge  
Training & Education Center, Ground Floor  
9521 SW State Road 200, Ocala



AdventHealth Ocala Cardiac Rehab Team

Mar

7

## Advances in Breast Surgical Care

While most breast cancer treatments involve surgery, the latest surgical advancements are more precise and focused on breast-sparing techniques. Join us as we hear from the Medical Director of our Breast Surgery Program how these practices are helping patients on their journey to beat breast cancer. Dinner will be served.



Wednesday, March 2, 2022, 5:00 pm to 6:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



David M. McFaddin, MD, MBA, FACS  
Breast & General Surgeon  
Medical Director, Breast Surgery Program



Mar

9

## The Incredible Shoulder

Chronic shoulder discomfort can really slow you down. Your shoulder rotates through a greater range of motion than any other joint in your body – something that becomes clear when living with shoulder pain. Please join us as we discuss mobility support, shoulder arthroplasty, reconstruction and what to expect after surgery. Dinner will be served.



Wednesday, March 9, 2022, 5:00 pm to 6:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



Christopher J. Manseau, MD  
Orthopedic Surgeon

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Reservations are required for all events

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Mar

24

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## Alzheimer's and Macular Degeneration

Over the last decade it's become clear that Alzheimer's Disease and Age-Related Macular Degeneration are chronic disorders that share a common biology. Join us to discuss our latest understanding and treatment of these common disorders. Dinner will be served.

Thursday, March 24, 2022, 5:00 pm to 6:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala

Shalesh Kaushal, MD, PhD  
Ophthalmologist



Mar

29

## Navigating Total Joint Replacement

Please join us as we hear from AdventHealth Ocala's new orthopedic program coordinator about the positive impacts joint replacement can have on a person's quality of life. Understanding the steps and what you can expect, will help you feel more confident about your decision and outcome. Refreshments will be served.

Tuesday, March 29, 2022, 9:00 am to 10:00 am  
AdventHealth Ocala TimberRidge  
Training & Education Center, Ground Floor  
9521 SW State Road 200, Ocala

Tom McGee, BSRT(N), CNMT  
Orthopedic Coordinator

Every  
MONTH

## Wellness Screenings

**Wellness Assessment** – includes total cholesterol, MDL, LDL, triglycerides, TC/HDL ratio and blood glucose, blood pressure, height & weight, grip strength, body fat analysis (\$25/\$100 value)

**Framingham Cardiac Risk Profile Screening** – a statistical prediction of your percentage of a cardiac event in the next ten years. Recommended for those with high total cholesterol, high blood pressure or low HDL (\$5 will lipid profile)

**Hemoglobin A1c (HbA1c) Screening** – indicates a person's blood sugar control over the past 3 months by measuring the percentage of red blood cells bound to glucose. Recommended for diabetics, pre-diabetics, individuals who are overweight, have high blood pressure, high cholesterol, or a family history of diabetes. (\$30/\$55 value)

**Prostate Specific Antigen Screening (PSA)** – measurement of the prostate specific antigen in the blood. Recommended for men over the age of 40 or with a family history of prostate cancer (\$40/\$78 value)

**Thyroid Screening (TSH)** – measurement of thyroid stimulating hormone (TSH) in the blood. Recommended for the detection of Hypothyroidism and Hyperthyroidism. Systems include weight gain, fatigue and muscle soreness. (\$50/\$75 value)

Monday, January 17, 8:00 am – 9:00 am

Monday, February 21, 8:00 am – 9:00 am

Monday, March 21, 8:00 am – 9:00 am



AdventHealth Ocala TimberRidge  
9521 SW State Road 200, Ocala  
*Screenings will be held on the Wellness Bus in the Parking Lot*

Cash, check and credit card payments are accepted at the time of your screening. Remember to fast for 8 hours prior to your screening (wellness assessment only). Services are provided to assist you with your health. They are not considered diagnostic tests and do not replace the advice and recommendations of your health care provider. If you have specific questions about the screenings offered please call 352-671-2289.

### Reservations are required for all events

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to help you feel whole\*





Every

WEEK

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## Tai Chi

Tai Chi is a system of exercises that has been proven to improve strength, balance and stability as well as provide numerous other health benefits. This six-week series focuses on the principles of Tai Chi and is appropriate for beginners and experienced students. Please wear loose clothing and flat comfortable shoes. Class size is limited to 12 participants.

**Fee: \$5 per session / \$30 for series (paid to instructor)**

**Wednesdays, Feb. 2, Feb. 9, Feb. 16, Feb. 23,  
Mar. 2, Mar. 9**

**1:00 pm to 2:30 pm**

**AdventHealth Wellness Center Ocala  
1100 SW 1st Avenue, Ocala**



**Rosalie Coyer, RN  
Certified Tai Chi Instructor**



# AdventHealth Wellness Center Ocala

**RENOVATED AND READY** to help you get, and stay, healthy. From wellness programs like nutrition and weight loss classes to one-on-one training support and guidance, we'll be by your side on the journey to a healthier you. Membership amenities include dedicated group fitness classes, renovated locker rooms, heated indoor lap pool and new training equipment.

**Visit [AHOcalaWellnessCenter.com](http://AHOcalaWellnessCenter.com) or call (352) 671-2080** for more information on membership dues, insurance-based membership opportunities or to schedule a tour.

*Prestige 55 members receive a discounted membership rate of just \$40 a month.*



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## Water Aerobics

Join us for a special water aerobics class designed to provide a full body workout including aerobics, flexibility, and strength training. Our instructors can adapt the class to all fitness levels and provide modifications to all exercises. Class size is limited to 10 participants.

Fee: \$5 per session /\$15 for series (paid at arrival)

Wednesdays, Jan. 19, Feb. 16 & Mar. 16

2:00 pm to 3:00 pm

AdventHealth Wellness Center Ocala

1100 SW 1st Avenue, Ocala



Every  
MONTH  
P55  
EXCLUSIVE

## Pump Up Prestige 55

Join us for a group class specifically designed for Prestige 55! Our instructor will focus on strengthening muscles, improving cardiovascular fitness, and aiding in flexibility to help keep you moving to fit your wellness goals. Our instructor can adapt the exercises to all fitness levels to ensure you get the most out of the class. Class size is limited to 15 participants.

Fee: \$5 per session /\$15 for series (paid at arrival)

Thursdays, Jan. 20, Feb. 17 & Mar. 17

2:00 pm to 3:00 pm

AdventHealth Wellness Center Ocala

1100 SW 1st Avenue, Ocala



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ANY  
TIME

## AdventHealth Ocala

### MALL WALKER PROGRAM

Designed to help individuals feel whole by taking charge and getting active in the climate-controlled walking environment of the Paddock Mall. Sign up at the AdventHealth Information Kiosk in Center Court. 1 mall lap = 0.5 miles

#### Mall Walker Hours:

Monday-Thursday, 9:00 am to 7:00 pm

Friday & Saturday, 10:00 am to 9:00 pm

Sunday, 12:00 pm to 5:30 pm

#### Walker Incentives:

10 miles: Official Mall Walker shirt

25 miles: AdventHealth water bottle

50 miles: AdventHealth dry towel

100 miles: AdventHealth pedometer

All walkers will be invited to a quarterly recognition breakfast hosted by AdventHealth Ocala and the Paddock Mall.

\*Hours are subject to change





HH  
DAILY

## Your Birth Day Experience® Tour

Learn more about The Baby Place® at AdventHealth Ocala, including a tour of our newly renovated postpartum suites. Hear about what you can expect with your Birth Day Experience® at AdventHealth Ocala. Please allow one hour. Pre-registration for your delivery is also available following the tour.

### Reservations Required.

Call the Birth Designer at 352-402-5114 to schedule a tour or visit [AdventHealthOcala.com/BabyPlace](https://www.adventhealthocala.com/BabyPlace).

Every  
MONTH

## Bariatric Support Group

Open to all pre and post-op bariatric surgery patients. Free to attend. No registration required. Call 352-671-2099 for more information.



Third Wednesday of the month, 6:00 pm to 8:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



Every  
MONTH

## Better Breathers Club

American Lung Association Better Breathers Clubs are for individuals with chronic lung disease including COPD, pulmonary fibrosis, and lung cancer. Learn ways to better cope with your diagnosis with getting support.

RSVP required, call 352-671-2321.

Second Monday of the month, 2:00 pm to 3:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



Every  
MONTH

## Connections Support Group

This peer-to-peer support group is for those affected by suicide or survivors of suicide. Facilitated by peers who have lost loved ones to suicide, this group was established to help others know they are not alone and begin to heal. For more information email [marklazzeri@yahoo.com](mailto:marklazzeri@yahoo.com)



First Thursday of the month, 6:00 pm to 7:30 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala

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MONTH

## Stroke Support Group of Marion County

Survived a stroke or know someone who did? Please join us for a meet and greet to share experiences, learn about care and treatments from guest speakers and connect to community resources. Call Caren Holliday at 352-620-5600 or Larry Hecht at 352-299-7685 for more information.



Second Monday of the month, 1:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala



Every  
MONTH

## Tobacco Tools To Quit Group

Our free Tools to Quit group will provide you with information about the effects of tobacco use, the benefits of quitting, and assist you in developing your Own Quit Plan. If medically appropriate, nicotine replacement therapy is provided for free.



Pre-registration with the Tobacco Free Florida AHEC Cessation Program is required. Call (866) 341-2730.  
Fourth Monday of the month, 2:00 pm to 3:00 pm  
AdventHealth Auxiliary Conference Center  
1542 SW 1st Avenue, Ocala

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# AdventHealth Ocala's Prestige 55 Program

We look forward to welcoming you!



Staying active, informed and connected through Prestige 55 is a great way to take charge of your personal health and wellness – and feel whole. Membership provides exclusive access to events, wellness screenings, fitness activities and more tailored to you.

Individual annual memberships are just \$10. Join now and your membership will continue through December 31, 2022!

Visit [AdventHealthOcala.com/Prestige55](https://AdventHealthOcala.com/Prestige55) to learn more or sign up today. Questions? Contact us at 352-690-5641

## Visit Healthy Happenings and Register Online!



AdventHealth Ocala's new Healthy Happenings website has launched! Visit us online to view all upcoming events and register today.



[AdventHealthOcala.com/HealthyHappenings](https://AdventHealthOcala.com/HealthyHappenings)

Healthy Happenings is a free program focused on whole person care through health and wellness programs. The events are open to all residents in our community.





1500 Southwest 1st Avenue  
Ocala, FL 34471



# Love Your Whole Heart Symposium

02.15.22

FEATURING THE LEADING EXPERTS:



Ashishkumar Patel, MD  
Pediatric Cardiology



Julie Ramos, MD  
Cardiology



Ali Alsamrah, MD  
Interventional Cardiology



James Lonquist, MD  
Cardiothoracic Surgery

## To RSVP for Events:

Call 352-467-7854 or go to  
[AdventHealthOcala.com/HealthyHappenings](https://AdventHealthOcala.com/HealthyHappenings)

## With Questions about the Prestige55 Program:

Call 352-690-5641 or go to  
[AdventHealthOcala.com/Prestige55](https://AdventHealthOcala.com/Prestige55)

## For General Information:

352-351-7200 or go to [AdventHealthOcala.com](https://AdventHealthOcala.com)