
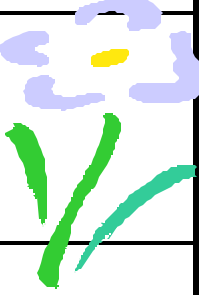
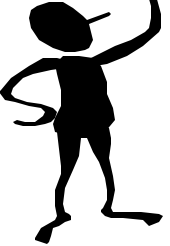
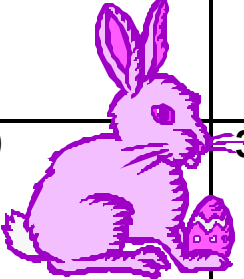



## Pro-Health & Fitness Center Merritt Island March 2008 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>It's National Nutrition Month: Sponsored by the American Dietetic Association, National Nutrition Month promotes the importance of nutrition as a key component of health and illustrates the flexibility of nutrition recommendations, dietary guidelines and the Food Guide Pyramid as the framework for making daily food choices. Don't Miss our lecture from the dietician on Wed. March 19<sup>th</sup> 12-1pm</b></p>						<p><b>1</b> PHFC 255 Borman Dr. MerrittIsland,Fl 32953</p>
<p><b>2</b> Most all of the Wellness Classes are FREE and open to the public. Invite your friends</p>	<p><b>3</b> Body Rolling 11:30-12:45pm</p>	<p><b>4</b></p>	<p><b>5</b> Pro-Fit 10am 6pm</p>	<p><b>6</b></p>	<p><b>7</b> Body Rolling 11:30-12:45pm</p>	<p><b>8</b></p>
<p><b>9</b> <u>Daylight Saving Time begins</u> </p>	<p><b>10</b> Body Rolling 11:30-12:45pm Look Good Feel Better 6-8pm</p>	<p><b>11</b></p>	<p><b>12</b> Pro-Fit 10am 6pm</p>	<p><b>13</b> Tri-Fit Support Group 6-7pm</p>	<p><b>14</b> Body Rolling 11:30-12:45pm</p>	<p><b>15</b> </p>
<p><b>16</b> </p>	<p><b>17</b> Body Rolling 11:30-12:45pm <b>St. Patrick's day</b></p>	<p><b>18</b></p>	<p><b>19</b> Pro-Fit 10am 6pm Cholesterol Countdown 12-1pm</p>	<p><b>20</b> Rotator Cuff Basics Form &amp; Function 9:00am-10:00am</p>	<p><b>21</b> Breathing Buddies 10-11am  Body Rolling 11:30-12:45pm</p>	<p><b>22</b></p>
<p><b>23</b> <b>Happy Easter</b> </p>	<p><b>24</b> Body Rolling 11:30-12:45pm</p>	<p><b>25</b> AARP Driver Safety Course 9am-1pm</p>	<p><b>26</b> Pro-Fit 10am 6pm</p>	<p><b>27</b> AARP Driver Safety Course 9am-1pm  Arthritis lecture 6-7pm</p>	<p><b>28</b> Body Rolling 11:30-12:45pm</p>	<p><b>29</b></p>
<p><b>30</b> </p>	<p><b>31</b> Body Rolling 11:30-12:45pm</p>	<p><b>Avocados are cholesterol-free and provide heart-healthy vitamin E, folic acid and potassium</b></p> <p><b>About one-third of American Adults are at least 20 percent above their recommended weight</b></p>				

# March Program Description

**Pro-Fit: The ultimate weight management program.** This 15-week program incorporates exercise, nutrition and behavior modification to help you achieve your goal of weight loss and a healthier lifestyle.

Wednesdays March 10am or 6pm  
Merritt Island 434-5801

For more information pick up an information sheet from the front desk.

## **Body Rolling** by Karen Peek

Suffer from lower back pain? Experience an innovative body massage using a ten-inch ball to stretch muscles, increase blood flow and promote healing.

Mondays March 3,10,17,24,31 11:30-12:45pm  
Fridays March 7,14,21,28 11:30-12:45pm

## **Look Good Feel Better** by the American Cancer Society

LGFB is a free monthly program teaching beauty techniques to **female cancer patients in active treatment.** It's designed to help combat the appearance-related side effects of cancer treatment. LGFB-trained volunteer cosmetologists teach women how to cope with skin changes and hair loss using skin care products donated by the cosmetic industry. **Registration is required: please call 1-800-227-9954.**

Monday March 10th 6-8pm

## **Tri-Fit Support Group**

Open to anyone who completed Tri-Fit Weight Management Program. Meets the 2<sup>nd</sup> Thursday of each month at 6:00pm in classroom. There is a fee of \$60.00 for 6 months for this program

Thursday March 13th 6-7pm

## **Cholesterol Countdown** by Susie Bond RD, LD/N

Learn how diet can improve your cholesterol levels. Topics include interpreting test results, LDL and HDL, saturated vs. unsaturated fats, margarine vs. butter, antioxidants and supplements. Don't forget to bring your tests results from the cholesterol screening

Wednesday March 19th 12-1pm  
WR

## **Rotator Cuff Basics Form & Function** by Adam Kohn, Exercise Specialist

**Don't miss this informative class on the anatomy of the rotator cuff, injury process and exercises to strengthen the rotator cuff.**

Thursday, March 20<sup>th</sup> 9:00am-10:00am  
WR

## **Breathing Buddies**

The group meets the third Friday of every month in the Pro-Health classroom. Call 434-5826 for more information.

Friday March 21st 10-11am  
WR

## **AARP 55 Alive Driver Safety Program** by Joe Di Liberto

This two part course is specifically designed to address the needs and concerns of drivers 50 years of age and older. It stresses the physical changes accompanying aging and how to compensate for them. It also provides a review of right-of-way situations, emergencies, seat belts & air bags, and much more. Florida law requires automobile insurers to provide an appropriate discount for three years to course graduates with a clean driving record. The course costs \$10.00; you must attend both sessions to graduate. Call 454-4853 to register.

Tuesday March 25th 9am-1pm

Thursday March 27th 9am-1pm

## **Arthritis** by Sylvie Morin DOM Health for Life

Attend this informative workshop to discover how Chinese Medicine diagnoses arthritis problems; learn about natural solutions such as Acupuncture and herbs.

Thursday March 27<sup>th</sup> 6-7pm  
WR

