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Program Guide Winter 2020
Our seafood: wild caught.

Our chicken, eggs, deli meats and cheeses: raised humanely with no antibiotics or added hormones.

Our coffee beans: grown organically.

Our kombucha: local and organic.
Happy New Year from the Center for Health & Wellbeing! 2020 is already shaping up to be a year filled with new goals, new achievements and a new you!

In our first several months of operation, we’ve loved getting to know you and highlighting all the opportunities for personal growth right here at the Center. Through our monthly classes, our world-class fitness and medical facilities and the delicious and healthy food offered at the Nourish Coffee Bar + Kitchen, each area of this building is designed with your health and wellbeing in mind.

In fact, the entire building is centered around the idea of the Seven Dimensions of Wellbeing: Physical, Intellectual, Environmental, Vocational, Social, Emotional and Spiritual. Each of us is committed to helping you focus on your whole self. When you’re able to improve your body, mind and spirit, and engage with the community around you, that’s when the real magic happens. It’s not about this year’s new fad diet or must-have fitness accessory -- it’s about learning to live a healthier, happier life.

That’s one of the reasons we launched “Your Health and Wellbeing — An Individual Quest to Building the Best You,” a multi-week free program that helps you focus on your personal health and fitness goals through the lens of the Seven Dimensions of Wellbeing. This four-part interactive series provides strategies and tactics to assist in your individualized journey to becoming the best, healthiest you.

If you can’t attend the series, you can always make an appointment with me to participate in our Wellbeing Survey. Together, you and I will review your results and I’ll make some suggestions on how you can safely and smartly achieve your health and wellbeing goals.

January is New Year, New You month here at the Center, and all month, you’ll discover ways to start the year with focus, purpose and a plan for good health.

We hope with each visit you’re inspired to find new ways to improve your health. Stop by the Welcome Desk to see what’s new each week. Happy 2020!

Sara Wright is the Center’s Wellbeing Guide and a personal trainer at Crosby Wellness Center. Sign up for Sara’s multi-week Your Health and Wellbeing series at YourHealthandWellbeing.org/events or stop by the Welcome Desk to take the Wellbeing Survey and book an appointment with Sara.
It’s the dawn of a new decade and this year at the Center for Health and Wellbeing (CHWB), we’re unveiling the perfect tool to help you achieve your health goals — the Wellbeing Network.

This unique collection of curated content will provide free tools, resources and inspiration to help people in all stages of their lives and wellbeing journeys live with passion and purpose, even if they never set foot in the CHWB.

“We developed the Center for Health & Wellbeing as a hub for services and educational programs promoting Wholeness, Fitness and Medicine. We recognized that some people may have reasons why they cannot participate in programs offered at the Center itself, so we came up with the idea to create the Wellbeing Network,” says Winter Park Health Foundation Executive Vice President Debbie Watson.

A joint production of WPHF and Growing Bolder, one of the nation’s leading producers of active aging content, the Wellbeing Network is dedicated to providing access to lifelong learning opportunities; fitness and nutrition tips; motivational and educational pep talks; and inspiring feature stories highlighting those who epitomize the Seven Dimensions of Wellbeing.

Launching in early 2020, first as a website (wellbeingnetwork.org), a social media outlet (facebook.com/wellbeingnetwork) and an in-house digital television network within the CHWB, the Wellbeing Network will eventually include a streaming network on the Crosby Wellness Center cardio fitness machines; an over-the-top digital network available via popular streaming services and at community-based partner locations; and a crucial component of the soon-to-launch CHWB app.

“We’ve long been fans of the work of the Winter Park Health Foundation. Its team inspires our team to find new ways to improve and change the lives of others,” says Growing Bolder Founder and CEO Marc Middleton. “We’re thrilled we will be helping to share the exciting activities occurring at the Center for Health and Wellbeing and its life-changing stories on the Wellbeing Network.”

The Wellbeing Network is about holistic living, incorporating all seven dimensions of wellbeing into our daily lives. Designed to inspire through video storytelling and educate with a robust library of resources, the goal of the
Wellbeing Network is to be your go-to destination for education, engagement and inspiration.

By now, you’ve likely seen the Wellbeing Network production team shooting videos around the CHWB and working in the on-site studio space. This state-of-the-art studio provides a production hub for the Wellbeing Network crew, allowing it to capture, edit and distribute videos of programs hosted at the CHWB, livestream events and tap into the vast network of knowledgeable experts and thought leaders who visit and work at the CHWB.

Growing Bolder’s Emmy Award-winning team of journalists will produce the network’s content and distribute it across its own national TV and radio shows and magazine, extending the reach and impact of the CHWB across the nation.

As you look toward a healthy new year and decade, we hope you’ll make the Wellbeing Network an integral part of your plan.

Where Can I Find the Wellbeing Network?

**On the Web:** at WellbeingNetwork.org and on Facebook at facebook.com/wellbeingnetwork. Like us so you don’t miss our new stories and to watch regular Facebook Live events.

**Streaming at the Center for Health & Wellbeing:** considered the home channel of the Center for Health & Wellbeing, the Wellbeing Network streams at various places throughout the CHWB, including outside the Wellbeing Network studio, in the Healthy Living Experience, in the Crosby Wellness Center locker rooms and on digital kiosks in public social spaces. Coming later in 2020, the Wellbeing Network will be available on cardio fitness machines, such as treadmills, within the Crosby Wellness Center.

**Produced in Action at the Wellbeing Network Studio:** The Wellbeing Network makes its official home at the Center for Health & Wellbeing. At the WBN Studio, a full-time staff shoots interviews, produces and edits video content featuring inspiring community members and expert thought leaders.

**Coming Soon! In-Person throughout the Winter Park Health Foundation’s Service Area of Winter Park, Maitland and Eatonville, Florida:** the Wellbeing Network delivers regular in-person programs in collaboration with our valued community partners, so that people in our area can benefit from the Network, whether they ever visit the CHWB or not.

Know an inspirational person? Share your story ideas at wellbeingnetwork@yourhealthandwellbeing.org.
Winter 2020 Calendar Highlights

The Center for Health & Wellbeing (CHWB) is proud to host educational programs that inspire your healthiest you. Each program is focused on one or more of the Seven Dimensions of Wellbeing. Most CHWB programs are free, while others require a small fee.

Below is a sampling of events planned for early 2020. In January, start the year strong with programs designed around the theme of New Year, New You. Stay focused on your goals in February with Heart Month and in March with Nutrition Month. Each month, you’ll discover plenty of interesting and unique opportunities to learn, engage and move more.

Visit the CHWB’s calendar at YourHealthandWellbeing.org/events or call 407-644-2492 for a complete listing of all programs and to register. With dozens of programs offered each month, there is something for everyone.

We’d also love the opportunity to tell you more about the programs and to help you sign up. Feel free to stop by the CHWB’s Welcome Desk to find your perfect program fit!

JANUARY: CALENDAR HIGHLIGHTS

**Weekly series, launching Wednesday, January 8, 5:30 pm - 7:30 pm**

**Your Health and Wellbeing -- An Individual Quest to Building the Best You**

Meeting Room 2201

Research shows a balance among the Seven Dimensions of Wellbeing, the guiding principles of the CHWB and its programs, leads to a fuller, more satisfying life – something we want every person to experience. This class, led by Sara Wright, CHWB’s Wellbeing Guide, is a four-part interactive series that provides strategies and tactics to assist in your individualized quest of building the best, healthiest you. This program will teach you how each dimension’s distinct characteristics correlate and contribute to your whole-person health. This program is offered periodically so if you miss January’s series, check in at the Welcome Desk to learn about upcoming sessions.

This program is presented by the Winter Park Health Foundation.

**Monday, January 13, 2-3 P.M.**

**Growing Bolder Presents Successful Aging**

Community Conference Center

Nearly 10,000 people turn 65 every day in this country. What happens in our brains as we age? Why should we think about health span, not lifespan? Dive deep into the new world of aging during this engaging and lively conversation featuring New York Times best-selling author Dr. Daniel Levitin, who takes a scientific approach to learning from those who age joyously, as well as how to adapt our culture to take full advantage of older people’s wisdom and experience. He’ll discuss his latest book, “Successful Aging,” which uses research from developmental neuroscience to show that 60+ years is a unique developmental stage that, like infancy or adolescence, has its own demands and distinct advantages.

GB Presents is hosted by Growing Bolder Founder and CEO Marc Middleton, one of the nation’s leading experts on the changing culture of aging. This program is presented by the Winter Park Health Foundation and Writer’s Block Bookstore of Winter Park.

**Tuesday, January 21, 5:30-6:30 P.M.**

**New Day, New Weigh Info Session**

Community Conference Room B

Have you tried losing weight but were not successful or gained the weight back? We can help you lose weight the right way. New Day, New Weigh, a personalized, weight management program, is led by a team of specialists and physicians and is designed to help you accomplish your health and wellness goals. Learn more by attending this free information session.

This program is presented by AdventHealth.
GET COOKING AT THE CENTER!

Healthy eating starts at home. It can sometimes seem overwhelming to come up with healthy, tasty meals your entire family will enjoy, but we can help! Each month, the CHWB offers several different kinds of cooking classes in our beautiful Nutrition Theatre.

On February 6 at 12:30 p.m., Chef Edwin Cabrera and cardiologist Dr. Patricia Guerrero of AdventHealth will host Eat Your Heart Out, a free, live cooking demonstration that will include techniques, tips and tastings of heart healthy foods. Chef Edwin will be back on March 5, this time joined by registered dietitians from AdventHealth Diabetes Institute, to break down the barriers to eating nutritious meals.

And mark your calendars now for new offering in 2020 featuring Chef Collette Haw of Nourish Coffee Bar + Kitchen. Chef Collette will lead two classes each month, sharing some of her favorite recipes, tips and methods for healthy eats.

In January, she’s showcasing 30-minute meals for busy families and foods that support good eye health. Be sure to check our monthly program calendars, watch the screens outside the Nutrition Theatre or stop by the Welcome Desk to find out what Chef Collette is cooking up each month.

Check our calendar regularly for classes featuring visiting chefs and health experts, and get ready to get cooking!

New events are added to our program calendar all the time. We offer several ways to stay connected and to find programs ideally suited to your life and schedule.

• Pick up the monthly calendar at the Welcome Desk; each edition is distributed toward the end of the prior month
• Read in-depth descriptions of all programs and register at YourHealthandWellbeing.org/events
• Follow us on social media (facebook.com/centerhealthwellbeing and instagram.com/centerhealthwellbeing) for frequent updates
• Sign up for our e-newsletter at YourHealthandWellbeing.org to receive the latest updates from the CHWB
• Talk with our friendly Welcome Desk team to register for programs, or to learn about new program offerings.
• Coming later this spring, the CHWB app. Stay tuned!

GARDEN MARKETS:

Shop local with us at our monthly CHWB Garden Markets. On the third Friday of each month, Central Florida makers and growers are invited to set up tables -- free of charge -- to share their creativity and passions with you and form new relationships with the community. From handcrafted, artisanal goods to locally sourced honey to delicious farm-fresh produce, it’s the perfect opportunity to try out new and seasonal products, and support local small businesses.
“Faces of CHWB” is a recurring series on YourHealthandWellbeing.org. Each in-depth article highlights some of the regular visitors to the CHWB and allows us to connect with those we see around the Commons, at Crosby Wellness Center, in the AdventHealth waiting rooms or enjoying breakfast or lunch at Nourish Coffee Bar + Kitchen. Get to know some of their stories and experiences and learn how they are interacting with the CHWB’s many offerings.

“Sara Wright is a tremendous asset to the Center because she makes it unique. I don’t think many people understand her role or know she’s here, but the Center believes in more than just the physical dimension. You have to be equal in all parts of your wellbeing: social, spiritual, emotional and mental. Sara is here to help you put all those into perspective. Sara is a counselor and a trainer.”

“I’ve never been to a bad program. I’ve learned something in each and every workshop. I love the cooking classes. I’ve probably only missed two. The classes have made me a better cook and more adventurous with new spices. The one that had the most impact on me was Cooking with Chef Collette: Meal Planning 101. That weekend, I put it into work and practically ran out of space in the refrigerator and freezer!”
“The Center is designed not only to meet one’s physical abilities, but also the components that make up the total person. Nourish is just one other component that goes along with the mission here at the Center. Frequently, I’ll stop by after my workout and pick up a salad or soup. After a good hard workout, I know I’m not hurting my body by ingesting the food here; I feel like I’m helping it.”

“I go to the Crosby Wellness Center every day. I do aerobic exercise, weights and stretching. I am also taking lessons now for my back. The trainers are excellent. This place is well run, well respected and clean. Very clean.”

“The team at AdventHealth Sports Med & Rehab are very good. The therapists understand what my goals are and they try to do everything to help me meet them. Last October, I had an accident with my hip and underwent a partial hip replacement. I’ve been working with Justin and Megan, who are a team handling me most of the time, and I am very satisfied with the program.”
Wellness Spotlight

2 Reasons Why Swimming Is the Near-Perfect Workout

Whether you’re in it to win it or are looking for a wonderful way to complement your regular physical activities, swimming offers participants a low-impact routine that builds cardio, endurance and strength. Here are two reasons why swimming is the near-perfect workout:

The Benefits of Aquatics Are Endless
Swimming increases your heart rate without high-impact stress. Most muscles are being used while swimming to move your body against the water’s resistance—leading to a healthy heart, lungs and toned muscles. Plus, the peaceful act of swimming improves balance, coordination, flexibility and form.

Get Started at Any Age
Swimming is an all-ages activity. All you need is a pair of fins, goggles and a safe learning environment. Crosby Wellness Center offers customized individual and partner swim lessons:

Private Swim Instruction
Individual lessons are based on your ability and goals. Instruction is tailored to you, no matter if you are a beginner learning how to swim or advanced and looking to learn new drills or improve your technique.

Buddy Lessons
If you and a friend have similar goals and abilities, this semi-private option is available.

For more information about our swim lessons, please visit Crosby Wellness Center’s Member Services Desk or call (407) 644-3606.

New Year, New You

The New Year is just around the corner, bringing opportunities for positive change. What can you do to start 2020 off right?

See your primary care provider.

Make an appointment and initiate an open and honest conversation about your real health goals and what you and your care team can do to achieve them. Your doctor will likely start with a physical to get baseline numbers for blood pressure, blood sugar, cholesterol and other important measurements to track your health progress and make lifestyle or medication modifications if necessary.

Get a move on.

In other words, get active and make it a quick enough pace that you can’t do it while texting! You won’t believe how much better you’ll feel meeting this goal. Getting started is as simple as walking in one direction for 15 minutes and walking back. Try to increase your time every week.

Rest.

Physical activity is important, but so is rest. Without the right kind and right amount of sleep, you cannot function, recover, get healthy, stay healthy, control weight, or keep your mind clear. You need 7 – 8 hours per night, and if you’re not getting it, your doctor needs to know. If you’re waking up tired, you may have a treatable sleep disorder. It’s easy to find out.

HEALTH TIP

Normal routines are thrown out the window during the holidays, and many of us have a tendency to overindulge (in everything), leading to a sharp increase in stress. Since we know that’s not on your wish list, here are a few things to think about:

• Unplug: If you have time off, use it to really be off. Put the phone down and have a silent night.
• Say No: You don’t have to go to every party, eat every treat, or buy every gift.
• Reach Out: If you are feeling depressed or overwhelmed during the holidays, talk to your doctor. Your mental health is just as important as your physical health. It’s all connected.

Melissa Morello, MD

Dr. Melissa Morello is a board-certified family medicine physician. Along with treating acute and chronic illnesses in patients ages six years and older, Dr. Morello’s areas of interest include women’s health and pediatrics. To learn more about Dr. Morello or to schedule an appointment, visit AdventHealthMedicalGroup.com.
Welcome Desk & Crosby Wellness Center:
Monday – Thursday: 5 a.m. - 10 p.m.
Friday: 5 a.m. - 9 p.m.
Saturday: 7 a.m. - 7 p.m.
Sunday: 7 am - 5 p.m.

Nourish Coffee Bar + Kitchen:
Monday – Friday:
6 a.m. – 2:30 p.m. Full Menu and Coffee Bar
2:30 p.m. – 7 p.m. Coffee Bar and Grab-and-Go

AdventHealth Physicians & Services:
Family Medicine
Arianna Becker, DO
Melissa Morello, MD
Monday - Friday: 8 a.m. - 5 p.m.

Diabetes & Endocrinology
Louise Owen, MD, Ailiz Martin, PA-C,
Karissa Yelverton, APRN
Monday – Thursday: 8 a.m. – 5 p.m.
Friday: 8 a.m. – 2 p.m.

Gastroenterology
Raul Badillo, MD, Maryam Kashi, DO, Mari Rivera, MD
Monday – Thursday: 8 a.m. – 5 p.m.
Friday: 8 a.m. – Noon

Sports Med & Rehab
Monday – Thursday: 7 a.m. – 7 p.m.
Friday: 7 a.m. – 6 p.m.

Diabetes Institute
Monday – Thursday: 8 a.m. – 5 p.m.
Friday: 8 a.m. – 2 p.m.

Lab
Monday - Thursday: 8 am - 4 pm
Friday: 7 am - 1:30 pm