

# Center for Health & Wellbeing February 2020 Program Calendar

The Center for Health & Wellbeing (CHWB) is proud to host educational programs that inspire your healthiest self. 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.

February is Heart Health month at the Center for Health & Wellbeing. We are excited to share our full slate of February education programs, including Heart Health programs highlighted in this calendar with a yellow background.

**Advance registration is required. To register, visit the CHWB's calendar at [YourHealthandWellbeing.org/events](http://YourHealthandWellbeing.org/events), call 407.644.2492 or stop by the CHWB Welcome Desk to learn more about specific programs and to sign up.**

## Seven Dimensions of Wellbeing

-  **Physical**
-  **Social**
-  **Intellectual**
-  **Emotional**
-  **Environmental**
-  **Spiritual**
-  **Vocational**

Register early to be guaranteed a spot. Please note: some programs have a required minimum number of attendees, and could be cancelled if the minimum is not met.

**MONDAYS, FEB. 3 THROUGH APRIL 6,  
1:30 - 3 PM**

 **Classical Music & Painting**  
Conference Room A

Price: Free

*If you'd love to create art, but you're not sure how to get started, this program is for you! Led by the team at Central Florida Community Arts, participants will create abstract art while listening to classical music and letting it influence the art. Each multidisciplinary session will result in a unique piece of art. This program is presented by the Winter Park Health Foundation.*

**MONDAY, FEB. 3, 7 - 8 PM**

  **Mindful Meditation and  
Crystal Bowl Sound Bath**

Conference Room B

Price: Free

*Feeling anxious or stressed lately? This is the class for you. Learn how mindfulness can help you become more present and calm. The class will conclude with a beautiful crystal bowl sound bath. No, you won't get wet! A crystal bowl sound bath involves your guide creating sounds and vibrations in crystal bowls, transforming you to a peaceful, mindful state. This class will be led by Camille Sacco, a Certified Meditation Instructor, mindfulness advocate and author of the book, "Hippiebanker: Bringing Peace, Love and Spirituality to the Workplace." This entire experience will leave you with a balanced mind, body and spirit. This program is presented by the Winter Park Health Foundation.*

**TUESDAY, FEB. 4, 10 AM - NOON**

 **Winter Park Public Library's  
FitLit Book Club**

Meeting Room 2201

Price: Free

*Exercise your body and brain during this first meeting of our quarterly FitLit Book Club, focused on "Beautiful Affliction" by Lene Fogelberg. You'll walk the Center for Health & Wellbeing's indoor track while discussing the reading and learning from community experts, who will join the walk to offer their insights and enhance your experience. This first book club meeting will be led by Jody Lazar, the Community Librarian at Winter Park Public Library. Attendees are encouraged to have completed all or some of the book before this first session. This program is presented by the Winter Park Health Foundation.*



**Come hang out with us!**

Walking track, free WiFi, comfy seating.

**TUESDAYS, FEB. 4 AND 18, 12:30 - 1:30 PM**



**Line Dancing**

Conference Room B

Price: Free

Line Dancing is fun fitness for your body and your brain. Join us each 1st and 3rd Tuesday of the month at 12:30 PM for a low-impact, bone-building, calorie-burning, memory-challenging hour of joy, as you enjoy moving to great music in the company of new friends. Dancers of all skill levels are welcome! Dancing since the age of 4, instructor Bethany Mikesell also has a background as a fitness instructor, certified personal trainer, and Physical Therapy Assistant. When she isn't line dancing, you can usually find her at the Crosby Wellness Center. This program is presented by the Winter Park Health Foundation.

**TUESDAY, FEB. 4, 6 - 8 PM**



**Cooking with Chef Collette—  
Well-Fed with the  
Mediterranean Diet**

Nutrition Theatre

Price: \$35

You've heard it, you know it: The Mediterranean diet is crazy healthy. In fact, if the typical American ate a traditional Mediterranean diet, they could reduce their risk of heart disease and stroke by 30 to 40 percent, according to Walter Willett, MD, DrPH, of the Harvard T.H. Chan School of Public Health. But guess what else it is? It's hands-down one of the most delicious diets in the world. In this demonstration, Chef Collette Haw of CHWB's Nourish Coffee Bar + Kitchen will teach you how to make healthy Mediterranean-inspired dishes at home. This program is presented by the Winter Park Health Foundation.

**TUESDAY, FEB. 4, 6:30 - 8:30 PM**



**4th Trimester  
Class**

Conference Room A

Price: \$35

\*\$5 off for AdventHealth Employees and those who take the Gift of Motherhood Class

Everyone shares what to expect when you're expecting, but what about your body after baby? Whether you're expecting your first child or you've just welcomed your newest addition, learn more about the "fourth trimester" through this informative class about changes you can expect and how to prepare. This program presented by AdventHealth for Women.

**WEDNESDAYS, FEB. 5 AND 19, 10 AM - NOON**



**SHINE (Serving Health  
Insurance Needs of Elders)**

Meeting Room 2202

Price: Free

The SHINE (Serving Health Insurance Needs of Elders) Program provides health insurance information and free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families and caregivers. SHINE is a free program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist with your Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information. Registrations are by appointment-only. To book an appointment, please call 407-514-1823. This program is presented by the Winter Park Health Foundation.

**WEDNESDAYS, FEB. 5, 12, 19, 26, 5:30 - 7 PM**



**Kickstart 30**

Meeting Room 2201

Price: \$10

Are you ready to rev up your mental as well as physical wellbeing in 2020? Would you like to be happier, calmer and more grounded this year? If so, join us for a 30-day program for a healthier, happier you, led by Jill Hamilton-Buss, a Licensed Mental Health Counselor who works with clients in a holistic way to create optimal wellbeing for mind and body. This scientifically-based program has been rigorously studied and incorporates five elements, that when practiced together, result in measurable increases in levels of well-being: Exercise, Mindfulness, Sleep, Social Connectedness and Nutrition. This month-long program will offer education, accountability and doses of laughter and fun. This program is presented by the Winter Park Health Foundation.

Register early because capacity is limited to 10 participants.



GROWING BOLDER'S  
LAUNCHPAD TO  
*what's next*



**GrowingBolder.com/Portal**  
**FREE PORTAL ACCESS CODE: CHWB**



### Join the Growing Bolder Portal!

Growing Bolder, partners with the Winter Park Health Foundation on the forthcoming Wellbeing Network, is exclusively offering CHWB visitors free annual memberships (a \$30 value) to the Growing Bolder Portal for a limited time only.

WEDNESDAY, FEB. 5, 6:45 - 8:30 PM



#### IDEAS Hive—Let's Love Our Oceans

Community Conference Center  
Price: Free

Oceans are an essential part of the social, economic and environmental health of our world. UCF assistant professor Thomas Wahl, Ph.D., dedicates his life to researching the connection between Civil Engineering and the impacts of sea level rise to the planet's most vulnerable coastal regions. Come join us for a presentation on erosion, coastal adaptation and how we can prioritize the health of our oceans for the future. This program is presented by the Winter Park Health Foundation.

THURSDAYS, FEB. 6 AND 20, 10 - 11 AM



#### Thoughtful Thursdays—Vision 2020

Conference Room A  
Price: Free

What's your vision for 2020? If it's your year to live a happier, more thoughtful, intentional life, the Thoughtful Thursdays bi-weekly group is for you. Together we'll explore how to live more mindfully -- and what that looks and feels like. This experiential program, led by Licensed Mental Health Counselor Jill Hamilton Buss, will explore questions like: What do I want now, at this stage of my life? How can I be my happiest, best self? What do I need to get there? Part meditation, part education and a lot of intentional fun and gentle accountability, this group is about living thoughtfully and making changes large or small that will help you live an even happier, healthier life. This program is presented by the Winter Park Health Foundation.

THURSDAY, FEBRUARY 6, 12:30 - 1:30 PM



#### Eat Your Heart Out Nutrition Theatre

Price: Free

Join us for adventures in healthy cooking with the "Eat Your Heart Out" live cooking demonstration, featuring AdventHealth's Chef Edwin Cabrera and electrophysiologist Dr. Patricia Guerrero. This free demonstration will include techniques, tips and tastings of heart healthy foods, offering an amazing range of flavors and textures. You will also learn new ways to add these to your meals and discover the added bonus of their health benefits. This program is presented by the AdventHealth Diabetes Institute.

THURSDAY, FEB. 6, 1 - 2 PM



### HeartMath—The Psychophysiology of Stress and Emotion

Conference Room A  
Price: Free

HeartMath products, tools and techniques are based on more than 25 years of scientific research conducted at the HeartMath Institute on the psychophysiology of stress, emotions, and the interactions between the heart and brain. In this session, learn more about groundbreaking HeartMath technology and test products that provide an innovative approach to improving emotional wellbeing. Wellness coach and consultant Kelly Andrews, who has more than 30 years experience in the health and wellness field, will lead the session. This program is presented by the Winter Park Health Foundation.

THURSDAYS, FEBRUARY 6, 13, 20, 27, 5:30 PM



### AdventHealth Walk with a Doc

Healthy Living Experience  
Price: Free

Bring your friends or come solo and enjoy a 45-minute walk with a doc through beautiful Winter Park. AdventHealth Physicians and health-care professionals are on hand to offer support and answer questions you have about your health. It's a great way to exercise, get connected to reliable health information and meet new friends.

This event happens rain or shine. If the weather isn't ideal, we'll walk around the CHWB's indoor walking track.

No RSVP needed. Walk-ups welcome! Call 407-619-0410 for more information. This program is presented by AdventHealth.

THURSDAYS, FEB. 6 AND 20, 6 - 7 PM



### Ballroom Dancing

Feb 6: Conference Room B  
Feb 20: The Commons

Price: \$5/session

Dancing isn't just fun, it's really good for your health. Recent studies prove it's one of the best ways to get fit and to live longer. So, let's dance! This fun and energetic class will teach you the basics of ballroom dancing; no partners required! Billy Bowser teaches dance and theatre classes across Central Florida and his lively class will get you moving and improve your self-confidence. This program is presented by the Winter Park Health Foundation.

THURSDAY, FEBRUARY 6, 7 - 9 PM



### Infant and Child CPR Class

Conference Room A

Price: \$35

You've covered all the basics — how to feed, bathe, and comfort your baby. Now, learn how to save your baby's life should she suddenly stop breathing, have cardiac arrest, or begin to choke. This program is presented by AdventHealth for Women.

FRIDAY, FEB. 7, 10 - 11:00 AM

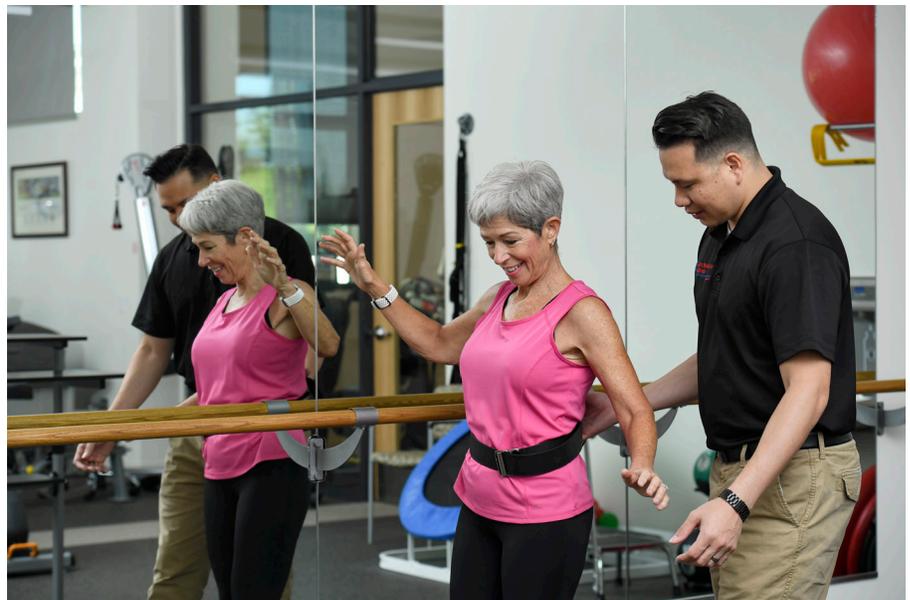


### Laughter Yoga

Conference Room A

Price: \$5

Laughter Yoga, a gentle form of exercise combining unconditional laughter with pranayama (yogic breathing), is a revolutionary idea sweeping the world. A complete workout and wellbeing exercise in one, Laughter Yoga was developed by Dr. Madan Kataria, an Indian Medical Doctor, and is practiced in more than 100 countries. In this class, laughter is initially simulated as a physical exercise while attendees maintain eye contact with others in the group. In most cases this soon leads to real and contagious laughter. It is a fun and powerfully healing practice that releases stress, boosts the immune system and fosters a positive, loving and accepting mental attitude. No yoga mats are needed – just be ready to laugh lively and find peace in 90 minutes. This class is hosted by Dana Kaplan, E-RYT 500, a Certified Laughter Yoga Teacher, and is presented by the Winter Park Health Foundation.



The multi-disciplinary team at AdventHealth Sports, Med & Rehab, located on the second floor of the Center for Health & Wellbeing, offers a wide range of services – including physical therapy and specialty rehabilitation – to address your health from every angle, helping you become healthier, happier and stronger in everything you do.

FRIDAYS, FEBRUARY 7, 14, 21,  
10:30 AM – 12:30 PM



### Baby Bunch

Conference Room B

Price: \$8 for One Visit; \$20 for Three

The Baby Bunch is a weekly gathering for new mothers where you can support one another and share parenting tips, milestones, and joys. This program is presented by AdventHealth for Women.

FRIDAY, FEBRUARY 7, NOON - 1 PM



### Healthy Bones Series

Conference Room A

Price: Free

Get educated — stay strong! Join the senior health specialists at AdventHealth Medical Group for these free, enriching events. Meet skilled and knowledgeable health care professionals, have your questions answered, and receive free health and wellness information. This program is presented by AdventHealth Medical Group Senior Health at Winter Park Benmore in partnership with the National Osteoporosis Foundation Support Group — Building Strength Together.

FRIDAY, FEB. 7, 5:30 - 8:30 PM



### National Go Red For Women Dance-A-Thon

The Commons

Price: \$1 minimum donation

Put on your dancing shoes and join us for a fun evening of dancing, prizes and fun, all dedicated to raising money for a good cause. Go Red for Women is the American Heart Association's signature women's initiative, designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women all across the world. And what better way to get your heart beating than with an evening of dancing! Come participate in Zumba, Cardio-Jam, Latin, Hip-Hop, World Music and more. This program is presented by the Crosby Wellness Center, in conjunction with the CHWB.

Space (and t-shirts) are limited so register in advance at the Crosby Wellness Center Member Services Desk or call 407-644-3606.



# Nourish Meals

FRESH. FAST. MADE FROM SCRATCH.

When you want to eat healthy, whole food, but it's hard to find time to cook every night—let us do the cooking.

## Nourish Meals:

- Available for Gluten Free and Vegan Diets
- Begin at \$10
- Include an entree and two sides
- Are fully prepared and cooked. All you have to do is buy, heat and eat.

Order one meal for a weeknight dinner, or stock up on enough meals for healthy eating all week! Meals are made fresh daily. Reserve a meal online at [NourishCHWB.com](http://NourishCHWB.com), or stop by and pick one up at Nourish Coffee Bar + Kitchen inside the Center for Health & Wellbeing (first come, first served).



# Nourish

COFFEE BAR  
+  
KITCHEN

at the Center for Health & Wellbeing

[NourishCHWB.com](http://NourishCHWB.com)



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MONDAYS, FEB. 10 AND 24, 10 - 11 AM



### Basic Balance Movements for Beginners using Tai Chi

Conference Room A

Price: Free

Tai Chi has been a beloved form of movement for centuries. If you've been wanting to try it but you're not sure where to start, these sessions are for you. Each class will give you a sense of balance, focus and tranquility. Under the guidance of certified yoga instructor Dawn Marzlock, you'll learn simple, easy-to-follow therapeutic and empowering movements used by Emperors of China for generations. Dawn will demonstrate and teach the eight basic movements of Tai Chi that help with balance. This program is presented by the Winter Park Health Foundation.

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MONDAY, FEB. 10, 2-3 PM



### Growing Bolder Presents — A Conversation With Explorer Jeanne Socrates

Conference Room A

Price: Free

In 2019, British yachtswoman Jeanne Socrates, 77, became the oldest person ever to sail around the world unassisted. In the process, she also became the first woman to sail solo nonstop unassisted around the world from North America. Fresh off her world-record trip around the world, Growing Bolder is proud to welcome Jeanne to the CHWB, where she'll share stories from her incredible journey. Growing Bolder Founder/CEO Marc Middleton will lead a moderated discussion with Jeanne about her persistence, tenacity and determination. Her story is shocking, surprising and most of all, it is inspiring. This program is presented by the Winter Park Health Foundation, in partnership with Growing Bolder.

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MONDAYS, FEB. 10, 17 AND 24;  
MARCH 9, 16 AND 23, 7 - 8:30 PM



### Mindfulness for Health and Wellbeing

Conference Room B

Price: \$15 for series

Mindfulness practices can help us embrace change, live with compassion, create more harmonious relationships, and find relief from the harmful effects of stress. Faithful practice over time lowers blood pressure, decreases anxiety, increases compassion, and fosters healthier relationships. This six-week comprehensive course offers group support on your mindfulness journey. The sessions will incorporate instruction, inspiration, and direct experience of mindfulness practices including meditation, breathing exercises, gentle physical movement, introspection, self-compassion, deep listening, and group support. It's designed for active adults of all ages and abilities that would like to experience stress relief, increased ability to weather the storms of life, and receive support to develop a wellness practice that enhances all areas of health. The program will be led by Rachel Chase, a long-time meditator, experienced Certified Yoga and Meditation Teacher, a teaching artist and expressive arts group facilitator. Floor mats, cushions, and chairs will be provided. Participants will need to bring a journal and pen, wear comfortable clothing to practice gentle movements and sit in meditative postures, as well as have personal water vessels for water. If participants have their own meditation cushions and yoga mats, they are welcome to bring them. This program is presented by the Winter Park Health Foundation.

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WEDNESDAY, FEB. 12, 6:30 - 8 PM



### Dinner for Two — Cooking for Valentine's Day

Nutrition Theatre

Price: \$30

Looking for recipe ideas for dinner for two for Valentine's Day? The Edible Orlando magazine team will demonstrate how to make three easy courses: winter greens with anchovy dressing and breadcrumbs; butter-basted ribeyes with citrus-fennel slaw; and easy chocolate cake with Chantilly cream. All three dishes are guaranteed to impress your Valentine! This program is presented by the Winter Park Health Foundation.

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THURSDAY, FEB. 13, 12:30 - 1:30 PM



### Music and Parkinson's

Conference Center

Price: Free

What impact does music have on someone living with Parkinson's disease? The answers may surprise you! Michael Dean, Chair of Vocal Studies at UCLA, a regular soloist at the annual Bach Festival Society of Winter Park and a nationally renowned voice teacher, will share the results of his extensive research into the benefits music has on people with Parkinson's disease. Come join us to learn more about this fascinating topic. This program is presented by the Winter Park Health Foundation.

FRIDAY, FEB. 14, 6:30 - 8 PM



### Improv for Couples

Conference Room A

Price: \$10/person

*Candy is sweet. Cards are nice. Roses are fine. But maybe what you should get your love this year for Valentine's Day is the gift of you. Come spend an evening playing, laughing and connecting in a whole new way. Improv for Couples was designed to be a fun, immersive experience where couples of ALL kinds can come together and learn how to connect, communicate, listen and play. Taught by veteran improv performer and teacher Bob Kodzis, Improv for Couples will introduce you to the world of YES AND, whole body listening, self-forgiveness, mutual support and finding the funny. It's the kind of Valentine's Day experience that just might change everything. This program is presented by the Winter Park Health Foundation.*

TUESDAY, FEB. 18, 6 - 8 PM



### Cooking with Chef Collette— Well-Fed with the Mediterranean Diet

Nutrition Theatre

Price: \$35

*If you missed the first offering earlier this month, this class dedicated to the Mediterranean diet is back! The Mediterranean diet is crazy healthy. In fact, if the typical American ate a traditional Mediterranean diet, they could reduce their risk of heart disease and stroke by 30 to 40 percent, according to Walter Willett, MD, DrPH, of the Harvard T.H. Chan School of Public Health. But guess what else it is? It's hands-down one of the most delicious diets in the world. In this demonstration, Chef Collette Haw of CHWB's Nourish Coffee Bar + Kitchen will teach you how to make healthy Mediterranean-inspired dishes at home. This program is presented by the Winter Park Health Foundation.*

TUESDAY, FEB. 18 AT 6 - 7 PM AND MONDAY,  
FEB. 24 AT 1 - 2 PM



### Qigong for Beginners

Conference Room A (Both offerings)

Price: \$5

*Qigong is a stress reduction, health supportive style of movement to balance the flow of life energy in the body. Slow movements, conscious breathing, self-massage, and visualization combine to enhance wellbeing. Join instructor Georgiana Johnson, who has more than 26 years of practice with energy techniques including Qigong, Reiki and Eden Energy Medicine, and experience the many benefits of this ancient practice. This program is presented by the Winter Park Health Foundation.*



The Crosby Wellness Center features two pools, including a lap pool and a warm-water activity pool.

# A Venue Like No Other



**Plan your next gathering in Winter Park's newest, most unique event space and inspire your group in the Center's light-filled, natural surroundings.**

The Center for Health & Wellbeing offers a wide variety of flexible meeting spaces, from comfortable meeting rooms and state-of-the-art conference spaces to serene gardens and the Nutrition Theatre, an innovative demonstration kitchen.

## **Our Venues are Perfect for:**

- Fundraisers
- Board Meetings
- Off-Site Staff Meetings
- Team Building Events
- And So Much More!*

Non-profit and weekend discounts available.

Let us make your next event one to remember:

**407.644.2492**

[events@yourhealthandwellbeing.org](mailto:events@yourhealthandwellbeing.org)

**TUESDAY, FEBRUARY 18, NOON - 1 PM**



## **Diet, Exercise and Tips for a Healthy Heart**

Conference Room B  
Price: Free

*In honor of American Heart Month, join electrophysiologist Patricia Guerrero M.D. to learn heart healthy foods and prevention tips that the whole family can use. This program is presented by AdventHealth.*

**WEDNESDAY, FEB. 19, 11 AM - NOON**



## **Wellbeing Wednesday – How To Practice Emotional First Aid**

Healthy Living Experience  
Price: Free

*Please join us for a screening of "How To Practice Emotional First Aid" by Guy Winch. Stay for a group discussion related to improving, enhancing and maintaining your emotional wellbeing. This discussion will be facilitated by Sara Wright, the CHWB's Wellbeing Guide who holds a master's degree in mental health counseling. This program is presented by the Winter Park Health Foundation.*

**WEDNESDAY, FEB. 19, 11 AM - NOON**



## **Fight Back Against Sugar!**

Conference Room A  
Price: Free

*Raise your hand if you sometimes feel like sugar is taking over your body. Do you have an almost uncontrollable urge to eat sugar at times? Do you want to cut back on sugar but don't even know where to start? Join Sarah Geha, MS, CNS, LDN for this enlightening discussion on sugar and your cravings. You'll delve into what makes you crave sugar, learn how to cut the biggest sources of sugar in your diet, and even discover a few shortcuts for lessening those cravings. The program is presented by the Winter Park Health Foundation.*

**WEDNESDAYS, FEB. 19 AND 26TH, 2 - 3 PM**



## **Caregiver Advocacy Circle**

Meeting Room 2201

Price: \$5/session

*This is a gathering of caregivers who are seeking a safe place to be heard, voice ideas and gain insight. Each member will have the opportunity to find comfort and encouragement while connecting with others who have similar experiences. The group discussion will be gently led by facilitator Sara Wright, the CHWB's Wellbeing Guide, and participants will be able to share their stories. This program is presented by the Winter Park Health Foundation.*

*Space is limited to 10 participants, so register early to save your spot.*

**WEDNESDAY, FEB. 19, 5:30 - 7 PM**



## **Turn Your Passion into a Business**

Community Conference Center  
Price: Free

*Many people have a secret desire to earn extra income or start a business doing something they enjoy passionately. Why not consider turning your favorite hobby or special skills and gifts into a business you love? Author, Rollins College business professor and former 15-year franchise owner Christy Wilson Delk will describe a step-by-step process to help you get started and share the two numbers you need to know before you do anything. Bring your ideas, your questions and your open mind for this motivational and enlightening seminar. Appropriate for adults of any age. This program is presented by the Winter Park Health Foundation.*



**WEDNESDAY, FEBRUARY 19,**  
**REGISTRATION 5:30 PM | SEMINAR 6 PM**



**Overcoming Incontinence**

Conference Room B

Price: Free

Urinary incontinence affects 1 in 3 women throughout their lifetime and there are a variety of causes, including: pregnancy, childbirth, and menopause. If you're experiencing urinary incontinence or other uncomfortable symptoms, you're not alone – let's talk about it! Join urogynecologist Lindsay Kissane, MD, to discuss overcoming these issues with personalized treatment plans. This program is presented by AdventHealth.

**THURSDAY, FEB. 20, 11:30 AM - 12:30 PM**



**Parents Circle: Lunch N' Learn**

Conference Room B

Price: \$10

Normalize the parenting experience! This program, hosted by licensed mental health counselor Marisol Tobey, offers a safe space to express and discuss the joys AND challenges of parenting with empathy, lightheartedness and humor. Refreshments will be served. This program is presented by the Winter Park Health Foundation.

**THURSDAY, FEB. 20, 1 - 2 PM**



**Memory Improvement Strategies**

Conference Room A

Price: Free

After being introduced to someone, do you forget that person's name before the introductory conversation is over? Can you recall what you ate for breakfast yesterday morning? The brain is a complex storage device and it is programmed, in a sense, to remember certain pieces of information and to discard other bits of information. But sometimes there is information you want to remember that your brain conveniently forgets so what we have to do is tell or train our brains what is important to remember. This engaging and interactive session is led by Beverly Engel, who has nearly 30 years in creating innovative training and educational programs designed to promote health and wellbeing for elders and their caregivers. BrainUp! programs and resources are provided by the Winter Park Health Foundation to inspire and educate people of all ages to engage in and commit to a brain healthy lifestyle.

**FRIDAY, FEB. 21, 10 AM - 2 PM**

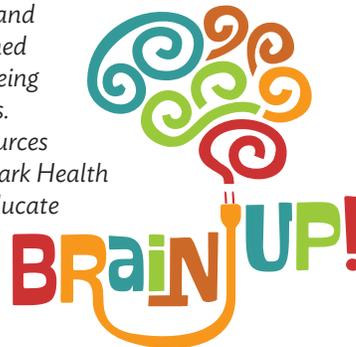


**CHWB Garden Market**

The Commons

Price: Free

Shop local with us at our monthly CHWB Garden Markets. On the third Friday of each month, Central Florida makers and growers come to the CHWB 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 small businesses. Vendors change monthly so make plans to attend and check back for specific details on our February offerings. The CHWB Garden Market is presented by the Winter Park Health Foundation.



FRIDAY, FEBRUARY 21, 6:30 - 8:30 PM



**All Star Dads**

Meeting Room 2201

Price: \$25

*Caring for a new baby is a partnership. Our Boot Camp for New Dads covers the basics of baby care, including how to help and care for the joyful new mom. This program is presented by AdventHealth for Women in partnership with All Star Dads.*

FRIDAY, FEB. 21, 7 - 8 PM



**Fun Day Friday—Salsa Dancing**

The Commons

Price: \$5

*Did you know that dancing is great exercise for your mind and body? And, it's fun! Step things up by attending this Salsa Dance class where cha-cha-cha meets ha-ha-ha. During this workshop, Bobby and Judi Chapman, who have taught thousands of people in Central Florida to dance during their 30-year partnership, will teach you basic steps and simple combinations sure to kickstart your new year. You'll meet new friends so plan to attend. Partners are not required. This program is presented by the Winter Park Health Foundation.*

TUESDAY, FEB. 25, 6 - 8 PM



**The Freedom Series Part 2 — Ignite Your Passion and Embrace Bliss**

Community Conference Center

Price: Free

*It's the season of love! This spicy session will give you permission to stop pushing pleasure away and to usher more love, meaning, and pure bliss into your life. Give yourself permission to identify and receive all the love, pleasure and support you've ever wanted!*

*In part 2 of the Freedom Series, join best-selling author and speaker Lisa Broesch-Weeks and personal empowerment coach Regena Garrepy as they guide you to uncover what you really want to achieve in 2020, what's standing in the way of your success, and develop a practical plan to help you empower yourself to reclaim your lifestyle on YOUR terms. . . without apology or guilt! Refreshments will be served. This program is presented by Helen Von Dolteren-Fournier, JD, CFP, in partnership with the Winter Park Health Foundation.*

WEDNESDAY, FEB. 26, 11 AM - NOON



**Wellbeing Wednesday — What Makes a Good Life?**

Healthy Living Experience

Price: Free

*Please join us for a screening of "What makes a good life? Lessons from the longest study on happiness" by Robert Waldinger. Stay for a group discussion related to improving, enhancing and maintaining your social wellbeing. This discussion will be facilitated by Sara Wright, the CHWB's Wellbeing Guide and a personal trainer at the Crosby Wellness Center. This program is presented by the Winter Park Health Foundation.*

WEDNESDAY, FEB. 26, 2 - 4 PM



**"A Touch of Sugar"**

Community Conference Center

Price: Free

*Join us for a screening of the film "Touch of Sugar," which dives into the diabetes healthcare epidemic that affects every community in the United States, told through the voices of people united in their struggle with this chronic disease. In honor of Black History Month, this session will also take a close look at a traditional recipe prepared in Hebni Nutrition's test kitchen. Hebni is a community-based, not for profit agency formed in 1995 to educate high-risk, culturally diverse populations about nutrition strategies to prevent diet-related diseases. After the film, you'll experience a fresh take on the same recipe with a discussion led by Hebni's registered dietitians and facilitated by AARP volunteers. This program is presented by the Winter Park Health Foundation.*

WEDNESDAY, FEB. 26, 6-8 PM



**Spring Gardening Class**

Conference Room B

Price: Free

*Spring in Florida is the best season to grow a highly productive vegetable garden! Come join the experts from Fleet Farming who will walk you through basic growing needs and what to expect in the cooler months. Bring photos of your garden and allow the Fleet Farming team to be your garden guidance counselor, giving you advice during a breakout session at the end of the lecture. This program is presented by the Winter Park Health Foundation.*



THURSDAY, FEB. 27, 10:30 AM - NOON



**Local Cuisine from the Roots Up: Eggs—From Hen to Table**

Nutrition Theatre

Price: \$35

Ever wonder where your food comes from? What goes into it? And what do all those terms on the label really mean? Join us as we explore the journey that your food takes on its way from the farm to your fork. This month, it's all about the small but mighty egg. In this class, participants will follow the journey that an egg takes from the chicken to the kitchen. Along the way, we will learn the basics of good chicken husbandry, better understand the importance of food safety, and explore healthy ways to incorporate eggs into your cooking. The class includes printed material, recipes, and tasty samples. Taught by UF/IFAS Extension faculty JK Yarborough and Agriculture agent and dietitian Virgilia Zabala, this program is presented by the Winter Park Health Foundation.

THURSDAY, FEB. 27, 1 - 3 PM



**Expressive Art Journaling**

Conference Room A

Price: \$10 (includes materials)

Explore art journaling in this class led by artist and Atlantic Center for the Arts ambassador Heather Pastor. The goal of therapeutic art journaling is to reduce stress and promote relaxation by increasing participants' ability to play, experiment and gain self-guided insight and understanding of one's own emotions. Added benefits can include self-growth, discovery, and joy through visual storytelling in a supportive group environment. This program is presented by the Winter Park Health Foundation.

FRIDAY, FEBRUARY 28, 10 AM - 2 PM



**Teal Brunch**

Community Conference Center

Price: \$10

AdventHealth is proud to host the Teal Brunch, a program focused on women's gynecologic health. Join Drs. Holloway, Kendrick and McKenzie, gynecologic oncologists, as they discuss screenings, cancer prevention, treatment innovations and whole-person health. Don't forget to wear your best teal attire to enjoy brunch and many interactive activities! To register or for more information, please call 407-303-1700 or visit [AdventHealthCancerInstitute.com/TealBrunch](http://AdventHealthCancerInstitute.com/TealBrunch). This program is presented by AdventHealth.

THURSDAY, FEB. 27, 6:30 - 7:30 PM



**Laughter Yoga**

Conference Room A

Price: \$5

Laughter Yoga, a gentle form of exercise combining unconditional laughter with pranayama (yogic breathing), is a revolutionary idea sweeping the world. A complete workout and wellbeing exercise in one, Laughter Yoga was developed by Dr. Madan Kataria, an Indian Medical Doctor, and is practiced in more than 100 countries. In this class, laughter is initially simulated as a physical exercise while attendees maintain eye contact with others in the group. In most cases this soon leads to real and contagious laughter. It is a fun and powerfully healing practice that releases stress, boosts the immune system and fosters a positive, loving and accepting mental attitude. No yoga mats are needed - just be ready to laugh lively and find peace in 90 minutes. This class is hosted by Dana Kaplan, E-RYT 500, a Certified Laughter Yoga Teacher, and is presented by the Winter Park Health Foundation.



**Nourish**  
COFFEE BAR  
+  
KITCHEN

at the Center for Health & Wellbeing

An active mind is a nourished mind.

Visit us for breakfast, lunch or a snack before or after your CHWB program.

Monday - Friday:

6 a.m. - 2:30 p.m.

Full Menu and Coffee Bar

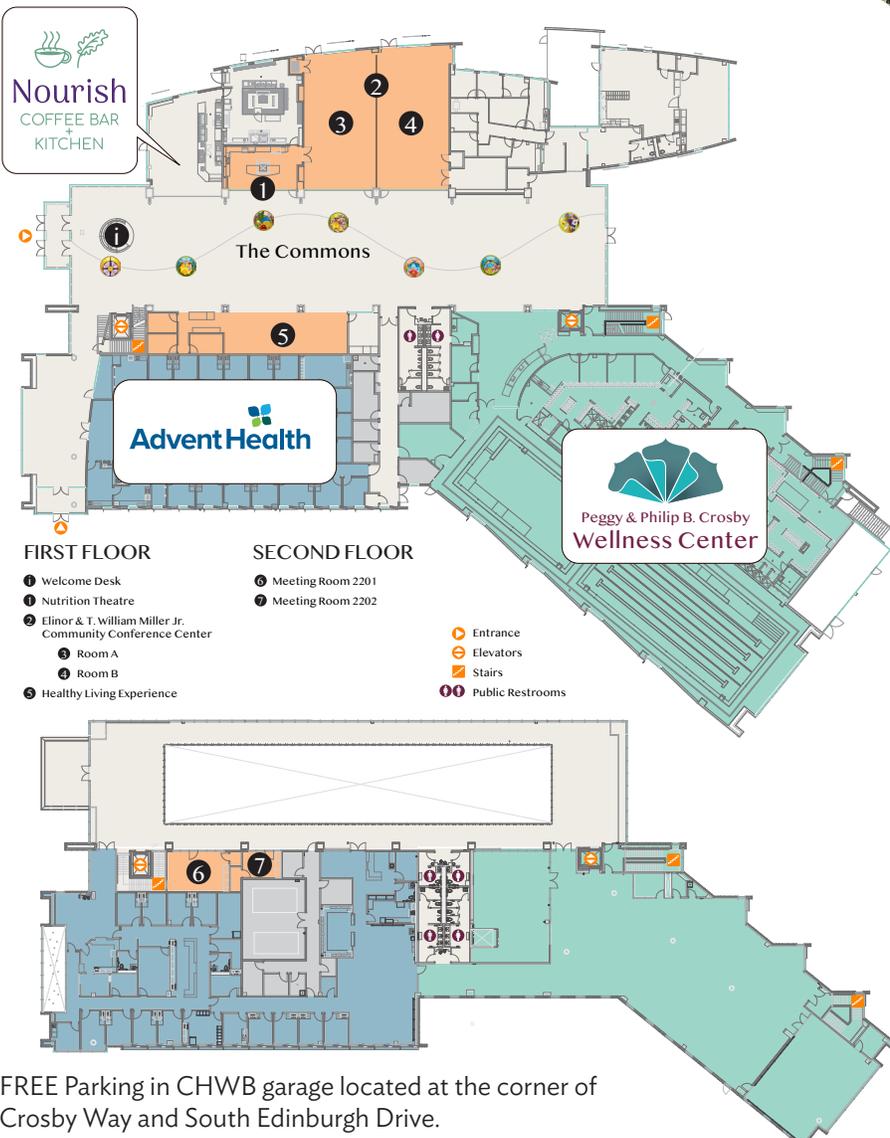
2:30 p.m. - 7 p.m.

Coffee Bar and Grab-and-Go

407-993-6225

[nourishchwb.com](http://nourishchwb.com)





FREE Parking in CHWB garage located at the corner of Crosby Way and South Edinburgh Drive.



**CENTER FOR  
Health & Wellbeing™**

2005 Mizell Ave  
(at the intersection of Crosby Way  
and South Edinburgh Drive)  
Winter Park, FL 32792  
407.644.2492  
Monday – Thursday: 5 a.m. – 10 p.m.  
Friday: 5 a.m. – 9 p.m.  
Saturday: 7 a.m. – 7 p.m.  
Sunday: 7 a.m. – 5 p.m.

[YourHealthandWellbeing.org](http://YourHealthandWellbeing.org)