



NEWS FOR IMMEDIATE RELEASE

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Libraries schedule healthy living programs

Pick up some health tips and get moving at your local library in October, which is Health Happens in Libraries Month.

The Volusia County Public Library system has planned more than 40 programs to help adults improve their health.

Tai chi: 10 a.m. every Monday in October, at the Port Orange Regional Library, 1005 City Center Circle, Port Orange. Certified fitness instructor Ed Eisler will lead a Wu style tai chi class for all fitness levels. He'll demonstrate joint looseners, breathing exercises and form training.

Tai chi: 9 a.m. Monday, Oct. 3, at the Daytona Beach Regional Library at City Island, 105 E. Magnolia Ave., Daytona Beach. Learn how to improve your balance and prevent falls during this tai chi class presented by the Ormond Beach YMCA.

Nourish your brain: 1 p.m. Monday, Oct. 3, at the Daytona Beach Regional Library at City Island. Join Sara Levasseur of the University of Florida/Volusia County Extension to learn which foods promote brain health.

Yoga: 10 a.m. Tuesday, Oct. 4, at the Ormond Beach Regional Library, 30 S. Beach St., Ormond Beach. Learn how breath control, simple meditation and specific body postures can promote health and relaxation. Bring a mat or towel.

Meditation: 2 p.m. Tuesday, Oct. 4, at the Deltona Regional Library, 2150 Eustace Ave., Deltona. Dr. Mark Young will explain how meditation can improve physical, mental and spiritual health. Participants will practice the simple technique.

Get the buzz on Zika: 2 p.m. Tuesday, Oct. 4, at the New Smyrna Beach Regional Library, 1001 S. Dixie Freeway, New Smyrna Beach. Dr. Paul Rehme, director of disease control for the Florida Department of Health in Volusia County, will describe the virus' signs and symptoms and offer tips for prevention and protection. Dr. Hong Chen, an environmental specialist with Volusia County Mosquito Control, will share information about the types of mosquitoes that spread the Zika virus and discuss the county's integrated mosquito surveillance and control techniques. A Q-and-A session will follow.

Health fair: 2 p.m. Tuesday, Oct. 4, at the Port Orange Regional Library. Pick up health tips from the Heart of Volusia, Connect Hearing, Port Orange Family Chiropractic, FitMax and other organizations.

Make chores fun: 10:30 a.m. Wednesday, Oct. 5, at the Deltona Regional Library. Cheryl Wynn, a physical therapist with Thomas Orthopedic & Sports Physical Therapy, will explain how to make house and yard

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chores fun by turning them into strength and balance workouts. Registration is required; call 386-789-7207, ext. 21012.

Green smoothie contest: 1:30 p.m. Wednesday Oct. 5, at the Lake Helen Public Library, 221 N. Euclid Ave., Lake Helen. Create a green smoothie using the library's selections of fruits and vegetables. Registration is required; call 386-228-1152.

Meditation: 6 p.m. Wednesday, Oct. 5, at the DeLand Regional Library, 130 E. Howry Ave., DeLand. Dr. Mark Young, a long-time meditator and professor of counseling education at the University of Central Florida, will explain what a large body of western scientific research is finding about the benefits of meditation. He will also lead the group through a simple meditation technique.

The most dangerous foods you can eat: 1 p.m. Thursday, Oct. 6, at the DeLand Regional Library. Dr. Stephen Hayman, a chiropractor and nutrition coach, will reveal dangerous foods and suggest healthy substitutes. Some foods might surprise you.

Breast cancer and osteoporosis: 2 p.m. Thursday, Oct. 6, at the DeBary Public Library, 200 N. Charles R. Beall Blvd., DeBary. Jan Ryan, manager of Florida Hospital Fish Imaging, will discuss abnormalities of the breast seen on imaging and interventional image guided procedures of the breast. She will also cover the risks of osteoporosis and the benefits of regular screenings.

Self-care for vitality: 2 p.m. Thursday, Oct. 6, at the Port Orange Regional Library. Certified fitness instructor Ed Eisler will present simple, inexpensive ways to increase your vitality and reduce stress. He will include tips on improving your posture, eyesight and the health of your joints.

Yoga for health at 10 a.m. Friday, Oct. 7, at the Daytona Beach Regional Library at City Island. Captain Holly will explain the health benefits of the ancient spiritual science and lead a yoga session. Bring a mat or towel.

Plant clinic: 10 a.m. Friday, Oct. 7, at the DeLand Regional Library. Master gardeners will explain the connection between bromeliads and mosquito-borne illnesses. Adults may bring sick plants for a diagnosis and care plan.

Fit walk: 9 a.m. Saturday, Oct. 8, at the Daytona Beach Regional Library. Meet at the children's entrance to begin a group walk on the riverfront Sweetheart Trail. Water will be provided.

Hatha yoga: 11 a.m. Saturday, Oct. 8, at the Deltona Regional Library. Yoga instructor Daya Devi-Doolin will provide instruction in hatha yoga, which is a system of physical exercises and breathing control.

Health fair: 10 a.m. to 2 p.m. Monday, Oct. 10, at the Ormond Beach Regional Library. Pick up health information from Tobacco Free Florida, Florida KidCare, National Osteoporosis Foundation, Heart of Volusia, Easter Seals, Halifax Hospice, the Center for the Visually Impaired, and the Braille and Talking Books Library. Area firefighters will provide free blood pressure checks.

Bladder health: 10 a.m. Tuesday, Oct. 11 at the Ormond Beach Regional Library. Nurse practitioner Tabitha Oravetz will discuss overactive bladder and incontinence and describe the symptoms that warrant immediate evaluation by a health care provider.

Healthy aging: 2:30 p.m. (in English) and 3:30 p.m. (in Spanish) Tuesday, Oct. 11, at the Deltona Regional Library. Damarys Meléndez of the Alzheimer's Association will explain how exercise, cognitive activity, social engagement and hands-on tools can aid in preventing Alzheimer's disease.

Breast and cervical cancer: 4 p.m. Tuesday, Oct. 11, at the DeBary Public Library. Vickie Lawrence, a health service representative with the Florida Department of Health, will discuss risk factors for breast and cervical cancer and explain the importance of regular screenings.

Seed swap: 4 p.m. Tuesday, Oct. 11, at the New Smyrna Beach Regional Library. Bring your seeds and stories to share with others. If you're new to seed saving, veteran gardeners will offer tips on growing healthy food and beautiful flowers.

Orthopedic surgery pre-habilitation: Noon Tuesday, Oct. 11, at the Ormond Beach Regional Library. Physical therapist Brittany Forster will explain how a "pre-habilitation" program can result in improved outcomes, reduced stays and decreased medical costs.

Improve your balance: 3 p.m. Tuesday, Oct. 11, at the Ormond Beach Regional Library. Physical therapist Nannine Dahlen will demonstrate three simple exercises that can improve your balance.

Alzheimer's workshop for caregivers: 10 a.m. Wednesday Oct. 12, at the Daytona Beach Regional Library at City Island. Damarys Meléndez of the Alzheimer's Association will provide information about the early and middle stages of Alzheimer's disease. Caregivers will learn what they need to know, what to plan for, and what to do at each point along the way. Registration is required; call 800-272-3900 by Oct. 10.

Medicare 101: 1 p.m. Wednesday Oct. 12, at the Daytona Beach Regional Library at City Island. Are you turning 65 within the next three months? A SHINE counselor will explain what is covered under Medicare, how individual parts differ from Medicare Advantage, and how to avoid potential financial penalties if you opt in at a future date.

Healthy lifestyle research: 10:30 a.m. Thursday, Oct. 13, at the New Smyrna Beach Regional Library. Learn how to evaluate medical information found on the web and how to use the health databases available through the library. Eight library laptops are available on a first-come, first-served basis. Patrons may bring a laptop or tablet. Seating is limited to 10 participants. Registration is required.

A matter of balance: 9 a.m. Thursday, Oct. 13, at the Daytona Beach Regional Library at City Island. A representative from the Ormond Beach YMCA will explain how to reduce fall risk factors and demonstrate exercises to increase strength and balance.

Protecting our local waters: 2 p.m. Thursday, Oct. 13, at the New Smyrna Beach Regional Library. Dr. Hyun Jung Cho, professor of integrated environmental science at Bethune-Cookman University, and her research team will discuss local efforts to preserve our waters. She will provide information on the algae bloom in South Florida and explain how drinking water can become polluted. Her research focuses on protecting our waters, specifically Mosquito Lagoon, from these pollutants.

Mindfulness and you: 2 p.m. Thursday, Oct. 13, at the Port Orange Regional Library. Local author Kathleen Zurenko will share practical advice and describe activities that can enhance the quality of your daily life.

Disease prevention: 3 p.m. Thursday, Oct. 13, at the DeBary Public Library. Cheryn Campbell, a community health nurse, will explain the importance of regular testing and the components of a healthy lifestyle.

Herbs and teas: 10 a.m. Monday, Oct. 17, at the DeLand Regional Library. An employee from Spice of Life Herb, a health food store in DeLand, will describe the health benefits of using herbs and drinking teas.

Zumba: 6 p.m. Tuesday, Oct. 18, at the DeLand Regional Library. Patti Edwards will lead this introductory class. Registration is required; call 386-822-6430, ext. 20762.

Healthy living in an unhealthy world: 11 a.m. Thursday, Oct. 20, at the DeBary Public Library. Debra Gaffney, an acupuncture physician with the Volusia Center for Complementary Medicine, will explain how acupuncture, good nutrition and oriental medicine can improve health.

Foot care basics: 1 p.m. Thursday, Oct. 20, at the DeLand Regional Library. DeLand podiatrist Dr. Jenneffer Pulpupaka will offers tips on caring for your feet.

Long-term care planning and asset protection: 10:30 a.m. Friday, Oct. 21, at the Port Orange Regional Library. Elder law attorney Randal Schecter will explain options and programs available to persons faced with the expenses of long-term care.

The wellness wheel: 10 a.m. Monday, Oct. 24, at the DeLand Regional Library; and 11:30 a.m. Tuesday, Oct. 25, at the DeBary Public Library. Learn how to balance the social, emotional, intellectual, spiritual, occupational and physical parts of yourself. A registered counselor intern will present the program.

Why nutrition is key to your health: 4 p.m. Monday, Oct. 24, at the DeBary Public Library. Jami Oles, a nutritional therapist with Debbie's Health Foods, will explain how everything we put in our bodies either helps or harms us.

The Volusia County Public Library system includes 13 branches that offer access to a wealth of print and digital information. Visit www.volusialibrary.org to access health and medical databases and materials in the library collection.