

# Class Descriptions

**Functional Fitness:** Join us for an upbeat cardio based strength class targeting all your major muscle groups using light weights. Great for all levels of abilities.

**Chair Flow Yoga:** Come join us with relaxing music and flowing movements. Learn to breathe right, relax your mind, and loosen up the tension in the body.

**Balance and Posture:** This class will keep your body and mind prepared for the unexpected so that your reaction time and balance/posture are at their sharpest!

**Strength & Stretch:** Strengthen, stretch, and tone all the important muscles keeping your body strong so you are able to do everyday tasks easier and with less discomfort.

**Sit and Be Fit:** This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights and tension bands.

**Easy Does It :** This is a slow paced class that uses body weight with precision exercises to target major muscle groups needed to for every day tasks.

**Party Exercise:** Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.

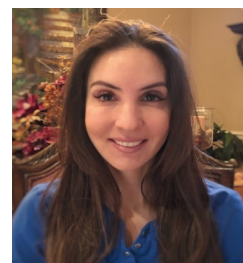
**Water Aerobics:** Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

**Mindful Meditation:** This is a slow paced class focused on resting the mind, body, and spirit. Learn various meditative techniques that can be applied in everyday life.

**Creative Wellness:** Awaken your creative mind. This is a creative class focusing on various motor skills and brain functions while creating thoughtful pieces of artwork.

**Chair Aerobics:** Fast paced cardio workout class that will get your heart rate going and the calories burning!

**Trail Walkers:** Join us on a scenic walk on the Wekiva Trail. This is slow/medium paced walk spanning about a mile.



Dr. Clara Roman is board certified in Family Medicine and Geriatric Medicine. She graduated from St. Matthews Medical School and then started her residency with Advent Health in Family

Medicine. She started her private practice 10 years ago focusing on Geriatric Care. Her area of practice includes patient care for those individuals in the long-term care setting, i.e. nursing homes, assisted living communities and independent living communities. Her passion is to provide excellent medical care in the comfort of the patient's own home.

Dr. Roman is available every Thursday by appointment only. Contact Su Prasad in Resident Services to become a patient or schedule an appointment.

## Massage Therapy



Enjoy a massage created especially for you. Whether you are seeking relaxation, improved circulation, or pain relief, massage is a perfect way to improve your overall health. Our massage therapist will design a massage to meet your individual needs.

Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. See Dessary to schedule your personalized session, 24 hour notice when scheduling appointments and 12 hour notice when canceling.

**Hours:** Wednesday 9:00AM—2:00PM  
**Pricing:** 30 Minute Massage \$30  
50 Minute Massage \$50

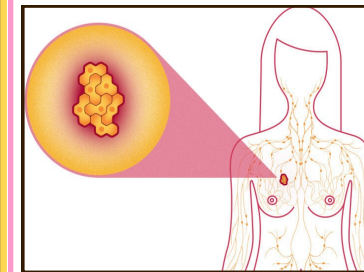
# OAKMONTE WELLNESS PROGRAM

## October 2021

### National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Breast cancer is the most common cancer in American women, except for skin cancers. One in eight women in the United States will be diagnosed with breast cancer in her lifetime— In 2021, an estimated 281,550 new cases of invasive and 49,290 of non-invasive breast cancer will be diagnosed. Although rare, men get breast cancer at a rate of 1 in every 1000— In 2021, an estimated 2,650 men will be diagnosed with breast cancer.

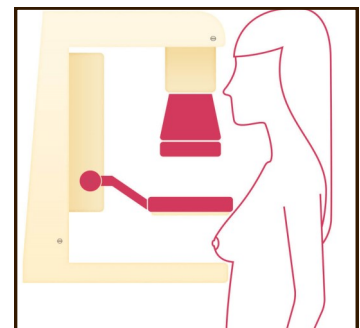


#### The Good News About Breast Cancer Trends

In recent years, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates have been declining since about 1990 in part due to better screening and early detection, increased awareness, and continually improving treatment options. Overall, the 5-year relative survival rate for breast cancer detected in the localized stage is 99%.

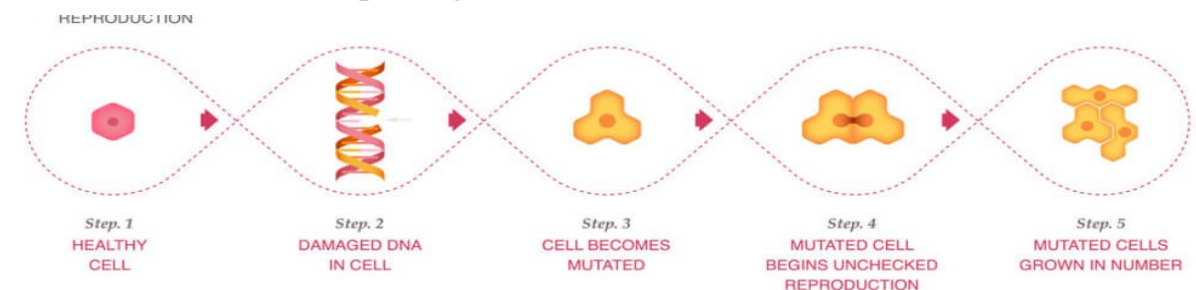
#### Routine Check-ups & Signs of Breast Cancer

A mammogram is an x-ray of the breast and are routinely administered to detect breast cancer in women who have no apparent symptoms; Diagnostic mammograms provide a detailed x-ray and helps determine if symptoms are indicative of the presence of cancer. Signs/symptoms may include: a lump, breast pain, nipple discharge, thickening of skin on the breast, changes in the size or shape of the breast



#### Physical Activity, Wellness, and Nutrition

Taking care of yourself before, during, and after treatment is important. Taking care of yourself includes: Eating well, staying as active as you can, finding n exercise routine that works for you, understand your thought, emotions, and reactions, taking time for yourself, prioritizing your mental health, and exploring meditation and mindfulness.



For further information on breast cancer visit:

<https://www.nationalbreastcancer.org/about-breast-cancer/>

# OCTOBER 2021 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:45 Party Exercise 11:15 Strength & Stretch w/ John	2
3 	4 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	5 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 12:00-5:00 Fall Risk Assessments w/ FYZICAL Therapy & Balance Centers	6 9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	7 Dr. Roman 11:00 Water Aerobics w/ Kari	8 10:45 Party Exercise 11:15 Strength & Stretch w/ John	9
	11 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	12 Dr. Suggs 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:15 Chair Flow Yoga	13 9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and be Fit	14 Dr. Roman 9:00-2:00 FLU /COVID VACCINATIONS 11:00 Water Aerobics w/ Kari	15 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	16
17	18 OnSite Dermatology 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	19 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:15 Chair Flow Yoga	20 9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and be Fit	21 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:15 Chair Flow Yoga	22 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	23
24	25 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	26 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:15 Chair Flow Yoga	27 9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	28 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:15 Chair Flow Yoga	29 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	30 
31	Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office	Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.	Massage Therapy is available every Wednesday by appointment only. Contact Dessary to Schedule 407-732-5810	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815	Call Dessary At 407-732-5810 To Schedule your Fitness Assessment!	