

Health & Wellness Pavilion Newsletter



**The Fitness Center
will be CLOSED on
Friday, July 4th**

**Center will be open
Saturday, 7/5 from 8am-12pm*

UPCOMING EDUCATION LECTURES



Stroke is No Joke
Thursday, July 10
9:30am-11:30am

**Summertime and the Living is
Healthy**
Thursday, July 17
9:30-11:30am

*Registration required.
Visit the Front Desk to sign up.*

hoag.

Crave Fitness recently wrapped up their first round of small group training classes, and the experience was an outstanding success. Participants had an incredible time pushing their limits, staying motivated, and working towards their fitness goals together. Great job, Coach Koa, for providing a personalized and supportive coaching style that helped everyone feel empowered and engaged!

Interested in participating in upcoming small group training classes?

Contact Crave Fitness at **949-414-9014** or email **CraveSeniorCenter@gmail.com**.



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Did you know that Melanoma (skin cancer) is the 5th most common cancer? It is caused when the skin is overexposed by UV rays which come from the sun and artificial sources.



How to do you prevent exposure?

1. Apply sunscreen with a SPF of at least 30 (apply 15–30 mins before going out and regularly reapply every 2 hrs. Don't forget neck and ears.
2. Try out wearing a wide brimmed hat.
3. Stay in the shade when possible.
4. Wear sunglasses to protect skin and inner parts of the eye to decrease chances of developing cataracts.

For more information visit the skin prevention article on Hoag's website for skin protection tips at <https://www.hoag.org/featured-news/melanoma-awareness-should-start-young/>.

SHAINA BREWSTER

**WELCOME
TO THE TEAM!**



Please welcome our newest Recreation Leader, Shaina Brewster. She will be helping out in the Fitness Center and Rentals program. Shaina has lived in Huntington Beach her entire life and has a deep love and passion for this city. She is a student at Goldenwest College. In her free time, she enjoys playing role-playing video games, participating in Dungeons and Dragons with family, running, drinking tea, eating sweets, and collecting. A fun fact about her is half her bed is filled with plushies. Shaina is excited to meet everyone. Welcome to the team.

Upcoming Blood Pressure Screenings

**Time: 9:00–11:00am
Wednesday, July 2
Friday, July 18**



*Drop-ins welcomed.
Located in
the Fitness Center*

