



# HEALTH & WELLNESS **hoag**

## HOAG IN AUGUST

### **Blood Pressure Screenings**

9:00–11:00 a.m.

Wednesday, August 6

Friday, August 15

*Drop-ins welcomed  
located in fitness center*



### **Lectures**

#### **Benefits of the Mediterranean Diet**

Thursday, August 21

9:30–10:30 a.m.

#### **Art4Healing: Painting Attachment**

Thursday, August 28

9:30–11:30 a.m.

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

## New Gym Membership Options for Adults 50+



The Health & Wellness Pavilion is excited to announce new gym pass offerings for the fitness center. Choose the option that fits your lifestyle – enjoy a

**1-day pass, week pass, or 1-month pass.**

Bring a friend or family member along and let them experience everything our gym has to offer.

*For more information,  
visit the gym desk or  
call 714-374-1578 for additional details.*

## Understanding Pain & How To Manage It

Pain is our body's way of signaling that something is wrong—physically, mentally, emotionally, or spiritually. Only you can describe your pain: where it hurts, how much it hurts, and how it affects your life.

*Pain can be:*

- **Acute**—comes on suddenly and usually goes away once the cause is treated.
- **Chronic**—lasts longer than six months and may persist even after treatment. It can affect your mobility, energy, appetite, and emotional well-being.



Unmanaged pain puts stress on the body and can slow down healing.

**Pain management:** typically starts with noninvasive methods; stretching, physical therapy, and over the counter medications. If these don't help, your doctor may recommend stronger options like prescription meds or surgery.

Be open with your doctor—describe your pain in detail. The more specific you are, the better they can help you find relief.

**MORE INFO**

<https://www.hoagorthopedicinstitute.com>

## VOLUNTEER SPOTLIGHT: WYATT



*We ♥ Our  
Volunteers*

We're excited to shine a spotlight on Wyatt, one of our incredible Fitness Center volunteers! Wyatt has been an essential part of our team, supporting day to day operations with a friendly smile and can-do attitude.

Whether he's helping keep our space clean and greeting member as they arrive, or lending a hand to set up programs, Wyatt brings positivity and dedication to everything he does.

We are truly grateful for his time and energy. Thank you, Wyatt for being such a valuable part of the Health & Wellness Pavilion.