PAGE 10 **OUTLOOK ON ACTIVE AGING**



HEALTH & WELLNESS hoa



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**

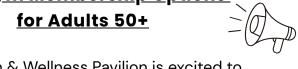
Thursday, August 21 9:30-10:30 a.m.

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



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.

<u>Understanding Pain & How To Manage It</u>

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 anď cań 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 liké 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

VOLUNTEER SPOTLIGHT: WYATT







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.

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