

# Raise the Bar For Good Health

Building a Healthier Community Together in Weston



## OUR GOAL IS TO IMPROVE THE QUALITY OF LIFE

for our members and the community by closing the 'clinic to community gap' for health care services and education. With this partnership we will be providing access to healthcare services, education, and community resources for all families at the Weston YMCA and Cleveland Clinic Caregivers.



### ▶ ASK THE DOC

Join us for a 30-minute virtual lecture led via Zoom on healthcare's hottest topics! Our Cleveland Clinic physicians will be leading out on these talks to provide wellness and prevention education.

**Lectures begin at 6pm**

**Click here to register:** <https://bit.ly/3nqqqfx>

- 07/21/2022..... Unpacking Sports Injuries
- 08/18/2022..... How to Stay WELL: Preventative Health Across the Life Span
- 09/15/2022..... Let's Talk About Gynecologic Oncology
- 10/20/2022..... What You Need to Know About Breast Cancer
- 11/17/2022..... Discussing Diabetes
- 12/15/2022..... How Bariatric Care Can Help Fight Obesity



### ▶ MEET THE PT

Join us for a 30-minute program with our Cleveland Clinic Physical Therapists. During this virtual workshop our Physical Therapists will provide information on the topics below, with helpful movements to support each area.

**Lectures begin at 12pm**

**Click here to register:** <https://bit.ly/30CqepC>

- 07/13/2022..... Protecting My Back
- 08/10/2022..... Musculoskeletal Health
- 09/14/2022..... Tips to Getting Your Kids Active
- 10/12/2022..... What is Pelvic PT?
- 11/09/2022..... Exercise to Control Blood Sugar
- 12/14/2022..... Tips on Using Movement to Relieve Holiday Stress



### ▶ MENTAL WELLNESS

Join us for our virtual health talks on the latest topics in mental wellness! During these talks you will have access to education, best practices, and Q & A time with our behavioral health specialists.

**Programs are from 12-1pm • Click here to register:** <https://bit.ly/3NzTJXr>

- 07/20/2022..... Stress Management
- 08/17/2022..... Depression - Not Just Singing the Blues
- 09/21/2022..... Anxiety Talk
- 10/19/2022..... Domestic Violence Awareness
- 11/16/2022..... Holiday Health
- 12/21/2022..... Parenting with Mental Health Awareness

**▶ NUTRITION SERIES**

Are you interested in revamping your nutrition habits, but unsure of where to start? Our Cleveland Clinic clinical nutrition team is here to help! In this series of programs you will have access to virtual programming to dive deeper on the topics seen below! All programming will be available via Zoom.



**Lectures begin at 12pm**

**Click here to register:** <https://bit.ly/3OulMaZ>

- 07/05/2022..... Virtual Lecture: Sports Nutrition and Hydration
- 08/02/2022..... Workshop: Pantry Raid
- 09/06/2022..... Virtual Cooking Demo: Healthy Eating for Kids
- 10/04/2022 ..... Q & A: Cancer Prevention
- 11/01/2022 ..... Virtual Lecture: Diabetes Diet
- 12/06/2022 ..... Virtual Cooking Demo: Healthy Holiday Sides



**▶ HEALTHY HABITS SERIES**

Our habits are what support our lifestyle and help us achieve that life that we want to live! The Healthy Habits Series will be an in-person workshop led by our program manager, Gabrielle Mielz. Gabrielle is a certified Health Coach, and has extensive experience in helping people transform their lifestyle related habits. We will take each 45-minute workshop and focus on a specific area of our life (out-lined below), setting attainable goals slowly throughout the year.

**Workshops begin at 12pm • Click here to register:** <https://bit.ly/30w4bke>

- 07/08/2022..... Nutrition
- 08/12/2022 ..... Environment
- 09/09/2022..... Interpersonal Relationships
- 10/14/2022..... Spiritual Health & Gratitude
- 11/11/2022..... Stress Recovery
- 12/09/2022 ..... Setting Boundaries

Dates and times are subject to change.



For more information and to register: [ymcasouthflorida.org/virtual-ymca-2/#ccf](https://ymcasouthflorida.org/virtual-ymca-2/#ccf)  
 Or contact: Gabrielle Mielz: 954.424.YMCA • [gmielz@ymcasouthflorida.org](mailto:gmielz@ymcasouthflorida.org)



**WESTON YMCA FAMILY CENTER**  
 20201 Saddle Club Road, Weston, FL 33327 | 954.424.9622  
[ymcasouthflorida.org](https://ymcasouthflorida.org)