

# March Calendar of Events

MAR

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## Overcoming Arthritis Naturally

Use your body's regenerative properties to treat this painful condition. Presented by Dr. Jordan Axe, Chiropractor from the Root Cause Clinic.

**Friday, March 2, 10:00 am - 11:00 am**

[Reservations required. Call \(813\) 779-6476.](tel:8137796476)

MAR

7

## Diabetes and You Support Group

Diabetes Education Coordinator Myriam Parham, RD, CDE, will discuss the wealth of health and other benefits that come with a plant-based diet.

**Wednesday, March 7, 3:00 pm - 4:00 pm**

[Reservations required. Call \(813\) 715-6683.](tel:8137156683)

MAR

7

## Cooking Demo: Moringa Smoothie

Moringa is earning acclaims for helping with weight loss and healing. A representative from the Living Food Bakery will show you how to make this great treat and discuss its benefits.

**Wednesday, March 7, 5:30 pm - 6:30 pm**

[Reservations required by March 5.](tel:8137796476)

[Call \(813\) 779-6476.](tel:8137796476)

MAR

9

## The Miracle Morning

Learn how to establish morning and evening routines that can have a positive impact on your life. Based on Hal Elrod's book the "The Miracle Morning." Dress comfortably for light stretching exercises. Presented by Myriam Parham, RD, CDE and Veronique Polo, MBA/HCM.

**Friday, March 9, 11:00 am - Noon**

[Reservations required. Call \(813\) 779-6476.](tel:8137796476)

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## Changing Your Lifestyle for Better Health

With our fast-paced society and modern conveniences, it's no surprise that chronic diseases are so prevalent. Doctors Duane and Nancy McEndree will discuss how an investment in our lifestyle can correct many illnesses.

**Friday, March 16, 1:30 pm - 2:30 pm**

[Reservations required. Call \(813\) 779-6476.](tel:8137796476)

MAR

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## Vegetarian Taste Fest

The annual Vegetarian Taste Fest features samples of delicious vegetarian dishes and a free recipe booklet. Daniel Thomas, MD, a preventative health expert from Mount Dora, will present "Meat: Friend or Foe?"

**Sunday, March 18**

**Three seatings: 11:15 am; 12:30 pm and 1:45 pm**

**Cost: \$6 per person - cash/checks accepted at the door.**

**East Pasco Seventh-day Adventist Church  
7333 Dairy Road, Zephyrhills**

[Reservations required. Call \(877\) 534-3108](tel:8775343108)

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All programs except  
Vegetarian Taste Fest are FREE!

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HEALTH

WELLNESS CENTER

AT FLORIDA HOSPITAL ZEPHYRHILLS

38233 Daughtery Road | Zephyrhills, FL 33540  
Education Room

## March Calendar of Events *(Continued)*

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### Cooking Demo: Healthy & Easy Veggie Burger

Learn to prepare a delicious veggie burger that's sure to impress any guest! Presented by Diabetes Education Coordinator Myriam Parham, RD, CDE.

**Tuesday, March 20, 1:00 pm - 2:00 pm**  
[Reservations required by March 18.](#)  
[Call \(813\) 779-6476.](#)

MAR  
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### Tools to Quit

Gulfcoast North AHEC will offer tools and free resources to help you kick the tobacco habit.

**Wednesday, March 21, 5:00 pm - 7:00 pm**  
[Reservations required. Call \(813\) 929-1000.](#)

MAR  
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### CREATION® Health Eight Week Challenge

If you're ready to take a mind/body/soul approach to being healthy, this program is for you. We will explore the eight letters of CREATION® each week and discover how to live life to the fullest. Additionally, participants will receive \$10 produce vouchers weekly from the Food is Medicine program.

**Every Tuesday, March 27 - May 15**  
**2:00 pm to 3:00 pm**  
[Reservations required. Call \(813\) 779-6476.](#)

MAR  
28

### The Greatest Second Chance

Discover how God's grace gave us a second chance at life and an opportunity to achieve eternal victory. This resurrection story is presented by Senior Chaplain Doug Higgins, M.Div.

**Wednesday, March 28, 2:00 pm - 3:00 pm**  
[Reservations required. Call \(813\) 779-6476.](#)

MAR  
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### Heartbeat Support Group

Jaime Caballero, MD, FACC, a Board Certified Cardiologist, will join us for an "Ask the Cardiologist" forum. Bring your cardiac-related questions and tick them off your list.

**Wednesday, March 28, 3:00 pm - 4:00 pm**  
[No reservations required.](#)

MAR  
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### Making Sense of the Senses

Learn how sensory information like smell, sound, sight, touch and taste increase your safety, wellbeing and help protect you from a fall. Facilitated by Zephyrhills Health and Rehab.

**Thursday, March 29, 11:30 am - 12:30 pm**  
[Reservations required. Call \(813\) 779-6476.](#)

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