

Join us at the Winter Haven Public Library for

## Winter Haven Hospital's Healthy Living Series

**September 14:** 'Health & Humor: It's no joke' - presented by Terry Rogers, RN, Educational Coordinator, Winter Haven Hospital

**October 12:** 'Transforming the Brain: Healing the Body Through Meditation' - presented by Susan Quinn, Consultant & Meditation Teacher, Sage-ing Program

**November 9:** 'Holidays: Making Them Work for You' - presented by Beth Koon, LCSW, DCSW, CPHQ, Quality Improvement Manager Customer Engagement, Winter Haven Hospital

**No Presentation in December**

**January 11:** 'Exercise: Anyone Can Do It' - presented by Joanne Miknis, Certified Fitness Instructor, Winter Haven Hospital

**February 8:** 'Heart Disease: What Do the Numbers Mean?' - presented by Ruth Clifford, CNS, CCRN, Winter Haven Hospital

**March 8:** 'Memory Fitness: Keeping Sharp through years' - presented by Jeffrey Reddout, Ph.D., Clinical Psychologist, Neuropsychologist, Winter Haven Hospital

**April 12:** 'Oh, My Aching Back!' - presented by Winter Haven Hospital Rehabilitation Services Professional Staff (TBA)

**May 10:** 'Living Well with Diabetes' - Joanne Kish, RN, Certified Diabetes Educator, Winter Haven Hospital

**When:** 4:00pm

**Where:** 325 Avenue A NW  
Winter Haven Public Library Multi-Purpose Room

**To Register Call:  
863-291-6705**

**WINTER HAVEN**  
*The Chain of Lakes City*



**Winter Haven  
Hospital**

Compassion. Innovation. Trust.