



## Get Healthy @ Your Library



### Children's programs

Registration is not required for children's programs.

#### Eat and Grow Preschool Storytime

10 a.m. Sept. 30 and Oct. 2

New Smyrna Beach Regional Library

#### Healthy Food Storytime

11 a.m. Tuesday, Sept. 30, for ages 2-3

11 a.m. Thursday, Oct. 2, for ages 4-5

Ormond Beach Regional Library

Stories, rhymes, music, flannel board and puppet shows.

#### Yum Yum Storytime

10:30 a.m. Oct. 1, 2 and 4

Daytona Beach Regional Library

All ages are invited to join us for a fun food-themed storytime with extra movement and action songs and good health and nutritional tips all month long.

#### Games for Fitness

1:45 p.m. Wednesday, Oct. 1

Deltona Regional Library

Children in grades K-5 can discover the importance of being healthy and active while playing heart-pumping games! A healthy snack will be provided. Co-sponsored by the Friends of Deltona Library.

#### Healthy Body and Fitness Storytime

11 a.m. Tuesday, Oct. 7 for ages 2-3

11 a.m. Thursday, Oct. 9 for ages 4-5

Ormond Beach Regional Library

Join us for stories, rhymes, music, flannel board and puppet shows.

#### Take Care of You! Preschool Storytime

10 a.m. Oct. 7 and 9

New Smyrna Beach Regional Library

#### PJ Time! (for families)

6:45 p.m. Tuesday, Oct. 7

DeBary Public Library

Come relax your body and mind with lullaby music and bedtime stories. Come in your PJs and bring your favorite cuddly item. This program is co-sponsored by the DeBary Library Association.

#### How Fun is the Dentist?

3 p.m. Wednesday, Oct. 8

DeBary Public Library

Children in grades K-5 are invited to join Tiffany Glomb from Timothy Glomb Pediatric Dentistry. She will talk about your teeth, how to take care of them, and how fun it is to visit the dentist. She will have fun activities to do and goody bags. This program is co-sponsored by the DeBary Library Association.

#### Crafty Kids Celebrate YOU with a Silhouette

2 to 4 p.m. Wednesday, Oct. 8

Ormond Beach Regional Library

Children will decorate their silhouettes showing a healthy lifestyle.



#### Healthy Alphabet Storytime

10 a.m. Thursdays, Oct. 9, 16 and 23

DeLand Regional Library

Toddlers and preschoolers are invited to celebrate "Healthy You" with fun alphabet activities.



### **Yum! ¡Que rico!**

10:30 a.m. Saturday, Oct. 11  
Deltona Regional Library

Bilingual family storytime presents a program featuring deliciously healthy stories.

### **Healthy, Fit and Fun! (for toddlers)**

10:30 a.m. Tuesday, Oct. 14  
Deltona Regional Library

Visit toddler storytime for books and songs that will get you moving and grooving and maybe a little hungry.

### **Safe and Sound Preschool Storytime**

10 a.m. Oct. 14 and 16  
New Smyrna Beach Regional Library

### **All about Me and Self-Esteem Storytime**

11 a.m. Tuesday, Oct. 14, for ages 2-3  
11 a.m. Thursday, Oct. 16, for ages 4-5  
Ormond Beach Regional Library

### **Healthy, Fit and Fun! (for preschoolers)**

10:30 a.m. Wednesday, Oct. 15  
Deltona Regional Library

Preschoolers can enjoy books and songs that will get them moving and grooving and maybe a little hungry.

### **Healthy, Fit and Fun! (for babies)**

10:30 a.m. Thursday, Oct. 16  
Deltona Regional Library

Babies and their parents are invited for a book, rhymes and bubbles that will get them moving!

### **Healthy, Fit and Fun! (for families)**

3 p.m. Thursday, Oct. 16  
Orange City Public Library

Join library staff for books and songs that will get you moving and grooving and maybe a little hungry.

### **Healthy Herb**

3:30 p.m. Tuesday, Oct. 21  
Ormond Beach Regional Library

Welcome back Healthy Herb, master of food and fitness, to learn how to be healthy, active and have fun! This program is for children up to 5th grade and their families.

### **Tailgating Party!**

3 p.m. Wednesday, Oct. 22  
DeBary Public Library

Do you like baseball and football? Children in grades K-5 can listen to stories about both sports and do some of the exercise activities the players do. After the workout there will be a light, healthy snack. This program is co-sponsored by the DeBary Library Association.



## **Teen programs**

Registration is not required for teen programs.

### **Games for Fitness!**

3 p.m. Wednesday, Oct. 1  
Deltona Regional Library

Calling all teens (grades 6-12)! Come feel the burn. Participate in heart-pumping, brow-sweating games while discovering the importance of being healthy and active. A healthy snack will be provided. This program is co-sponsored by the Friends of Deltona Library.



### **Wild Wednesday: Healthy Halloween!**

4 p.m. Wednesday, Oct. 29  
DeLand Regional Library

Create healthy, spooky snacks.  
Grades 6-12 are welcome!



## Adult programs

Registration is not required unless otherwise indicated.

### **Suicide Prevention Training: Operation S.A.V.E.**

1 to 3 p.m. Tuesday, Sept. 30

DeLand Regional Library

Join Social Workers Jessica Buccolo and Jenifer Flores for this valuable training on identifying risk factors for people who may be experiencing suicidal thoughts or plans for suicide.

### **Zumba® Fitness**

10 a.m. Wednesday, Oct. 1

Deltona Regional Library

Come ready to dance with Heidi Ruiz of Rumba Fitness for a "beginner" dance-fitness workout designed to strengthen, sculpt and tone.

### **Living with Alzheimer's:**

#### **A three-hour workshop for caregivers**

1 to 4 p.m. Wednesday, Oct. 1

Daytona Beach Regional Library

Caregivers need support, too! Jamie Bartholomew of the Volusia/Flagler Alzheimer's Association of Central and North Florida will present this workshop, which provides information about the early and middle stages of Alzheimer's disease. Hear from those who have been affected and learn what you need to know, what you should plan for, and what you can do at each point along the way. **Advance registration is required; please call 1-800-272-3900.**

### **Women's Breast Health**

1 p.m. Thursday, Oct. 2

DeLand Regional Library

Presented by Pat Chase and Patty Stilling, Victoria Medical Park of Florida Hospital DeLand.  
October is National Breast Cancer Awareness Month.

### **The Healing Power of Meditation**

1 p.m. Saturday, Oct. 4

Ormond Beach Regional Library

Doug Kruger will explain how meditation can improve your physical, mental, and spiritual health. You will also have a chance to practice this simple technique that can reduce stress, enhance relaxation, and promote inner growth. Kruger has been practicing meditation for over 35 years.

### **Health Resources and Safety on the Internet**

1 p.m. Tuesday, Oct. 7

DeLand Regional Library

Join Assistant Regional Librarian Char Purdy and learn how to navigate through all the misinformation on the web and find the most accurate, up-to-date information. The library's health databases will also be covered.

### **Health and a Drug-free Body**

2 p.m. Tuesday, Oct. 7

Port Orange Regional Library

Chiropractor Dr. Terry Kahn presents a discussion to raise awareness of natural health and our body's ability to heal and maintain itself.



### **Fall Vegetable Gardening**

10 a.m. to noon Wednesday, Oct. 8

Daytona Beach Regional Library

Healthy living starts with fresh food. We think of pumpkin

and other fall squash, but what else can we provide from a home garden for our holiday tables? Joe Sowards, an urban and residential horticulturist with the University of Florida/Volusia County Extension, will offer fall vegetable gardening tips on plant selection, soil, spacing and fertilization. A Q-and-A session will follow.

### **Meditation: A Tool to Balance Your Life**

4 to 6 p.m. Thursday, Oct. 9

Daytona Beach Regional Library

Learn how to meditate with Doug Kruger, a Central Florida businessman who has practiced meditation for over 35 years. Meditation can contribute to a more positive, healthy lifestyle. It's an invaluable tool for helping people reduce stress and foster greater physical and emotional well-being. Kruger will discuss the ancient practice and then lead a guided meditation session.



### Medicinal Herbs

11 a.m. Friday, Oct. 10  
1 p.m. Saturday, Oct. 11  
Ormond Beach Regional Library

Medicinal herbs have been used for boosting the immune system, increasing the body's resistance to infections, healing allergies, and raising and renewing the body vitality. Geraldine McNamara, a certified herbologist and holistic health practitioner, will conduct a talk on medicinal herbs. She will include some healing recipes and have samples to taste.

### Bilingual Health Fair

11 a.m. to 2 p.m. Saturday, Oct. 11  
Deltona Regional Library

Learn about the health resources available in our community. Participants will include Vitas Innovative Hospice, American Cancer Society, Humana, Walgreens Pharmacy, and others. Free and open to the public; materials will be available in English and Spanish.

### Hydroponics at Home

11:30 a.m. to 1 p.m. Saturday, Oct. 11  
Daytona Beach Regional Library

Hydroponics is a way to grow plants in water without soil. It requires less water and fewer pesticides than soil gardening. Wellness educators Christine Kee and Pat Valdez from JuicePlus+ will explain the health benefits of growing your own food using hydroponics.

Their presentation will include a short history of commercial hydroponics in Central Florida, starting with Orlando's Tim Blank, former chief horticulturist with Epcot Center's Living with the Land pavilion. Blank pioneered efficient food growth with hydroponics and later applied commercial growth techniques for home use. A Q-and-A session will complete the presentation.



### Nourish Your Brain

10 a.m. Monday, Oct. 13  
Deltona Regional Library

Whether you call them super foods, power foods or functional foods, Jill Taufer, a registered dietitian with the

University of Florida/Volusia County Extension, will highlight foods that go beyond just providing energy; they offer distinct health benefits that nourish the brain. Participants will also learn lifestyle strategies that exercise the brain and body and boost memory skills. A brain-nourishing snack will be served. This program is co-sponsored by the Friends of the Deltona Library.

### Hearing Screening

10:30 a.m. Monday, Oct. 13  
Port Orange Regional Library

Karen James of Connect Hearing will conduct free hearing screenings and answer related questions. Informational materials will be provided.



### Big Red Bus Bloodmobile

12:30 to 5 p.m. Monday, Oct. 13  
Daytona Beach Regional Library

OneBlood's "Big Red Bus" will be stationed in the library's parking lot. Blood donations will be

accepted; incentives may be available while supplies last. Walk-ins are welcome, but appointments are strongly encouraged and can be made by visiting [www.oneblood.org](http://www.oneblood.org) and clicking on "where to donate."

### Introduction to Yoga

1 p.m. Tuesday, Oct. 14  
DeLand Regional Library

Come prepared to stretch and learn about yoga. Presented by Julie Deyo, a certified yoga instructor. Wear loose clothing. Registration is required and may be made by calling 386-822-6430, ext. 20763.

### Sound for Seniors: Hearing loss issues

10 a.m. to noon Wednesday, Oct. 15  
Daytona Beach Regional Library

Sheila Adams is a deaf adult with 20 years of experience as a hearing aid user before getting her first cochlear implant in 2000. Now retired as a teacher of learning disabled students, she heads the Florida Gulf Coast chapter of the Bionic Ear Association, a cochlear implant support group. Join her for a time to laugh and cry, re-live your own experiences, and to be encouraged by the wonder of the state-of-the-art cochlear implant technology used to combat hearing loss.

### Little Foodies 101

11 a.m. Wednesday, Oct. 15  
New Smyrna Beach Regional Library

Avoid raising a picky eater by feeding healthy and flavorful foods from the start. Amy Grossi – a certified lactation counselor, organic baby food company owner and patient educator – will demonstrate tasty options for the beginning eater. Samples will be offered.



### **Diabetes Prevention and Management**

1 to 3 p.m. Wednesday, Oct. 15  
Daytona Beach Regional Library

Type II diabetes has become more prevalent among Americans, especially African-Americans, and treatment has

become more costly. Preventing Type II diabetes is one of the most important health issues we face today. Dr. Diana Lee, director of the Odessa Chambliss Center for Health Equity at Bethune-Cookman University, will be speaking on the challenges a patient faces while preventing or managing Type II diabetes. One of her missions is to disseminate information about healthy behaviors to prevent disease and manage chronic illness. A Q-and-A session will complete the presentation. Refreshments will be served.

### **New Technologies in Knee and Hip Replacement**

9:30 to 11 a.m. Thursday, Oct. 16  
Daytona Beach Regional Library

According to the American Academy of Orthopaedic Surgeons, replacement procedures generally result in significant restoration of function and reduction of pain. Over the years, replacement techniques and instrumentation have undergone countless enhancements. Dr. Charles Williamson, an orthopaedic surgeon from Port Orange, will be speaking on traditional treatments for progressive arthritis in the knee and hip, followed by the newest technologies available in arthritic knee and hip replacement. A Q-and-A session will complete the presentation. Refreshments will be served.

### **Growing Medicinal Herbs**

1 p.m. Thursday, Oct. 16  
Ormond Beach Regional Library

Growing your own herbs can be easy and fun! Geraldine McNamara, a certified herbologist and member of the Herb Society, will teach you how to grow and use your own medicinal herbs for your health. This program is part of our Casual Gardening series.

### **Essential Oils:**

#### **Health benefits for the body and mind**

2 p.m. Thursday, Oct. 16  
New Smyrna Beach Regional Library

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They have been used throughout history in many cultures for their medicinal and therapeutic benefits. Join us for this informative seminar presented by Doterra Wellness Advocates to learn how essential oils can benefit your health.

### **Preventing Falls**

4 p.m. Thursday, Oct. 16  
DeLand Regional Library

Dr. Sam Lavarias from the Pain Care and Wellness Center will demonstrate tips and tricks to prevent falls and improve balance.



### **Medicare 101**

10 a.m. Friday, Oct. 17  
New Smyrna Beach Regional Library

If you're getting ready to sign up for Medicare and want to know more about the program,

stop by the New Smyrna Beach Regional Library for this seminar, which will offer information on Medicare, Medigap, Part D and Advantage Plans.

### **Medication Management**

1 p.m. Friday, Oct. 17  
Edgewater Public Library

Do you take medication? Do you have medication questions? A CVS pharmacist will provide medication management information and answer medication questions.

### **Container Gardening**

10 a.m. Saturday, Oct. 18  
Deltona Regional Library

Want to grow your own healthy food, but you are lacking the space? Master Gardener Howard Jeffries will demonstrate how to grow fresh fruits, vegetables and herbs in small spaces using containers.

### **Meditation for Stress Reduction**

1 p.m. Saturday, Oct. 18  
DeBary Public Library

The scientific community has recently been exploring the use of meditation as a healing modality. Join Doug Kruger as he discusses the extraordinary effect of meditation to reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium. He will also present a simple, yet powerful meditation technique that can enrich one's life personally, professionally and spiritually.

### **Gluten, Wheat and Fad Diets**

10 a.m. Monday, Oct. 20 – Port Orange Regional Library  
2 p.m. Monday, Oct. 20 – Ormond Beach Regional Library

Concerned about eating healthy? Are gluten-free products really a better choice? Should you be concerned about eating wheat? Diet fads come and go, but healthy eating never goes out of style. Jill Taufer, a registered dietitian with the University of Florida/Volusia County Extension, will present the latest information on gluten, wheat and fad diets and proper nutrition and healthy foods.

### **The Wellness Wheel: A tool for evaluating your overall health**

10:30 a.m. Wednesday, Oct. 22  
DeLand Regional Library

Learn how to balance the various aspects of who you are: the social, emotional, intellectual, spiritual, occupational, and physical parts of yourself. This program will be presented by a registered individual, couple and family counselor intern.

### **Big Red Bus Bloodmobile**

11 a.m. to 4 p.m. Wednesday, Oct. 22  
Deltona Regional Library

OneBlood's "Big Red Bus" will be stationed in the library's parking lot. Blood donations are open to the public; incentives may be available while supplies last. Walk-ins are welcome, but appointments are strongly encouraged and can be made by visiting [www.oneblood.org](http://www.oneblood.org) and clicking on "where to donate."



### **Trick-or-Treat Parkinson's Roundtable Discussion**

2 to 3:30 p.m. Wednesday, Oct. 22  
Daytona Beach Regional Library

The Parkinson's Association of Greater Daytona Beach will host a "Trick or Treat" Roundtable

Discussion. Come learn the "tricks" of living a good life while dealing with the challenges of Parkinson's. Enjoy the "treats" provided by Hershey's Ice Cream of Ormond Beach. **Reservations are required; call 386-676-6375 by Oct. 20.**

### **Healthy Living**

Noon Thursday, Oct. 23  
DeLand Regional Library

A representative from the Florida Department of Health in Volusia County will explain how to maintain a healthy lifestyle. Learn what foods to eat, what exercises to do, and how to improve your chances of living a long and happy life.

### **Steady as you go**

10 a.m. Friday, Oct. 24  
Edgewater Public Library

Family Home Health Services will present a program on balance. **Registration is requested; call 386-424-2916.**



### **The Aging Eye**

2 p.m. Thursday, Oct. 30  
Port Orange Regional Library

Is it just age, or do you have an eye condition? Julianne Messmer from the Center for the Visually

Impaired will discuss:

- Understanding the aging eye
- Symptoms of various eye conditions
- How eye conditions impact our functional vision
- What can be done to remain independent when one loses vision

### **Meditation for a Happier You**

6 p.m. Thursday, Oct. 30  
DeLand Regional Library

Can meditation make you happier, healthier and smarter? Researchers are finding evidence of meditation's beneficial effects on the brain. Meditation allows you to increase your happiness and helps calm the mind's constant chatter. It strengthens your mindfulness, which, in turn enhances all aspects of your life. Join Mark Young, Ph.D, who has been meditating for over 40 years, for this engaging and powerful workshop.