

# Learn Well to Live Well

By Dawn Davis, "The Fitness Diva"  
ddavis@fayss.org



Here at our Life Enrichment Center our motto is **Making Life Better**. One of the many ways we live up to our slogan is by offering a wide variety of programs that can empower you to make healthy lifestyle changes that include nutrition and exercise which are key to living a long, active life.

The Ultimate Café offers a healthy and delicious menu to make it easy for you to get good nutrition. Our wide range of group fitness classes offers something for everyone and takes the drudgery out of exercise making it fun to get fit. In addition, the abundance of health and lifestyle information that we provide keeps you well-informed so you can live well and age well.

This fall we have a host of educational seminars to help you better understand how nutrition and fitness play a role in having an active, healthy lifestyle. The more we know about our health, the better prepared we can be.

**October is Breast Cancer and Osteoporosis Awareness Month**, both very prominent diseases that usually strike women, but men are not immune. According to the American Cancer Society, in 2007, 1.5 million cases of breast cancer were diagnosed worldwide and 465,000 people died from the disease. However, thanks to early detection, while the number of diagnosed cases has increased, the number of deaths has decreased.

Osteoporosis is a threat to more

than 44 million Americans and currently is the most undiagnosed disorder in medicine. According to the National Osteoporosis Foundation, one in two women and one in four men over age 50 will have an osteoporosis-related fracture in their lifetime.

On October 18 we will host **"In the Pink of Health – Breast and Bone Health Awareness."** I encourage everyone to register for this highly informative lunch & learn. Speakers include Breast Surgical Specialist Dr. Nicole Sroka, from Piedmont Fayette Hospital, who will be speaking on breast health and the latest medical advances. Also, representatives from Southern Crescent Women's Healthcare will be here to talk about the importance of bone health. Screenings for osteoporosis will also be provided.

November brings awareness for two other prominent conditions, **diabetes** and **skin health**. The statistics for diabetes are alarming and difficult to ignore. Data from the 2007 National Diabetes Fact Sheet, the most recent year for which data is available, reveals that the total number of children and adults with diabetes is 23.6 million – 7.8% of our population. Today's society of fast foods and desk jobs has resulted in another 57 million people who are considered pre-diabetic. On November 2, we will be hosting **Diabetes - The Future is in Your Hands**. At this free workshop, a team of experts from Piedmont Fayette Hospital's Diabetes Education

Department will share information on how to prevent, manage, and stop the damage associated with diabetes. This is not only for people who have been diagnosed, but also for those who are high-risk or pre-diabetic. Attendees will also learn about Medicare's new diabetes screening project.

Skin health is often taken for granted. When we talk about skin, most of us know about skin cancer. However, there are other types of conditions that can be associated with the skin. **Skin Care Affair**, a lunch & learn scheduled for November 10, will be loaded with information on skin health, skin care tips and tricks, as well as the latest technology and cosmetics. Featured speakers will be Laura Bush, PA-C from Fayette Dermatology, Bess Cheney, esthetician, and Melanie Maxwell, cosmetics consultant.

For more information on these and other special events, please see a complete listing on pages 15-19.

Good health care always depends on good communication with your doctor. Before making any changes to your diet or fitness routine, or if you have health concerns, be sure to consult with your physician and other health professionals.

*Dawn Davis, our Health/Wellness and Program Manager, is a Certified Master Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including Yoga, Tai chi, Pilates and Zumba Gold.*