

Hello Everyone,

It is exciting to see the arrival of spring, especially after the long, dark winter days we've experienced. Spring is a time of renewal with budding trees and flowers. Spring is also a great time of year to think about ways for a personal renewal. Whether you need to slow down and enjoy time more, decrease your stress, or invest overall in your own personal wellbeing, learning to be mindful is a great way to start.

I have found a quote that really defines mindfulness. This quote says "Whatever your attention is on, that's what life is for you at any given moment." Mindfulness can be a practice that you make individualized. What works for you may not work for someone else. The challenge is to begin the practice and keep it up. With practice you will find technique and activities that work.

Here are some ways to incorporate mindfulness into your daily activities:

- Being seated, walking, standing and moving while being aware of surroundings
- Short pauses we insert in everyday life. Stop and take a break.
- Merging meditation practice with other activities such as yoga or sports
- Take a walk and enjoy a local park or your neighborhood
- Take the time to breathe. Pause when you are busy and take a deep breath.
- Sit still and enjoy your surroundings. Notice the small things in your environment.

At the Healthpark, we have a team of experts that offer diverse programs that can help you with mindfulness. Try a yoga or Tai Chi class, swim laps in the pool or attend a program like mindful eating. Our team is here to connect you with the resources you need to improve and maintain your health. Making change often happens by taking small steps to try new things.

Collette Carter

Director of the Healthpark



MEDICAL FITNESS WEEK: MAY 8-14, 2023

Are you looking for a fun challenge to keep yourself motivated this spring? The Healthpark will be participating again in this year's Medical Fitness Association Week activities. The challenges are available for Healthpark members and community members. The goal is to reach 10,000 steps per day or a moving goal of 150 minutes. Log sheets can be picked up at the front desk. Turn them in at the end of the tracking period to be eligible for a prize drawing that includes a 30-minute massage, a 1-month membership, and more!

UPCOMING DATES

MOTHER'S DAY & FATHER'S DAY MASSAGE SPECIALS

Treat your special someone to a Healthpark massage gift card and receive \$10 off a 1-hour massage during the time period below.

Mother's Day Special – May 8-14

Father's Day Special – June 12-18

Gift cards can be purchased at the Healthpark front desk.

WALK WITH A DOC

Tuesday, April 25

5:30 p.m. | Healthpark Lobby

Topic: The Importance of Laughter and Play

Dr. Millie Babbs

Owensboro Health Residency

Tuesday, May 23

Noon | Healthpark Lobby

Topic: What is Alzheimer's Disease?

Dr. Aziz Mehrzad

Owensboro Health Medical Group

Tuesday, June 27

5:30 p.m. | Moreland Park

Topic: Benefits of Nordic Walking

Dr. Scott Black

OHMG Lifestyle and Sport Medicine

KIDS IN THE KITCHEN

The Healthpark is proud to partner with the Junior League of Owensboro to bring their Kids in the Kitchen to the facility on Wednesday, April 26 during family time from 5-7 p.m. in the front lobby. An activity is planned for 5:30 p.m. Be sure to stop in and enjoy a healthy snack!!

DOC IS IN: AGING GRACEFULLY

Tuesday, May 9

11 a.m. - 12:30 p.m. OR 5-6:30 p.m.

Healthpark Classroom A & B

Call 270-688-5433 to register.

HOLIDAY HOURS

The Healthpark
will be closed in
observance of Easter
on Sunday, April 9.



Fitness Events & Happenings

BASE

Next session of B.A.S.E. begins in April

If you or someone you know is struggling with balance issues, falls, or fears of falling, please consider participating in the next upcoming B.A.S.E. Fall Prevention Class (Balance, Awareness, and Stability Everywhere) which will be held April 11 – June 29. This class meets twice weekly and participants will gain strength in the lower body area as well as develop improvements in balance, agility, coordination, and stability. The cost for this program is \$120 and requires a healthcare provider's referral for participation. For more questions or to sign up, please contact Jason Anderson at 270-688-4785.

INTRO TO TAI CHI

Experience the gentle flowing movements and mindfulness exercise of our upcoming Intro to Tai Chi series which will be April 25 – June 15. This class is free for Healthpark Members and \$50 for non-members. Classes meet on Tuesdays and Thursdays at either 1:00 p.m. or 6:00 p.m. To sign up or to inquire with questions, please contact the folks at the member services desk!

RUN FOR YOUR LIFE - PLANNED FOR SEPTEMBER 23

Save the date and start training now! The annual Healthpark/Junior League Run for Your Life 5K and Owensboro Health Foundation Kids Fun Run will be held this year on Saturday, September 23. If you would like some help or instruction to train for this 5K please don't hesitate to contact Jason Anderson at 270-688-4785.

SPEAKERS FOR GROUP PROGRAMS

The Healthpark Education and Wellness team wants to be your partner in disease prevention and health promotion. If you are looking for a speaker for a community group, we have a wide range of wellness topics focused on nutrition, healthy eating, diabetes, health awareness, stress management, cooking demonstrations and more.

For more information call 270-684-4804.

COMING SOON!



STARTRAC

We have three new Star Trac bikes coming soon!

Here is sneak peek at one of our new bikes!

PICKLEBALL ANYONE?

Would you be interested in a "Learn the Basics of Pickleball" clinic to be held on a Saturday morning? **If so, please email or call Jason Anderson at 270-688-4785.**



AQUATICS

LIFEGUARD CERTIFICATION

The Owensboro Health Healthpark will be offering lifeguard certification and recertification throughout the spring and summer. There is availability for a recertification at the end of May and certification/recertification this fall.

If you or someone you know is interested please contact the Aquatics Supervisor, Mackenzie Morris, at 270-688-4772 or MacKenzie.Morris@OwensboroHealth.org

SUMMER SWIM LEAGUE

Summer is right around the corner and the Owensboro Health Healthpark is excited for our summer league swim team to get started. The Healthpark Heatwaves will be having evaluations at the end of May and the season will begin June 1. This is a 7-week program for 5-18 year olds.

For more details, contact Mackenzie Morris at Mackenzie.Morris@OwensboroHealth.org or 270-688-4772.



FARM TO TABLE COOKING CLASS

Join our team of registered dietitian nutritionists to see how they prepare seasonal produce in June with our Farm to Table cooking class. Recipes and tasty samples will be provided.

Tuesday, June 6, 2023 at 5:30 p.m. in Classrooms A and B. Fee: \$7

Space is limited and preregistration is required by May 31, 2023. Call 270-688-5433 to reserve your spot.



DIABETES PREVENTION PROGRAM

Ninety-six million American adults have prediabetes, yet about 80% do not know they have it. The Healthpark's Diabetes Prevention Program is a lifestyle change program with results proven to help significantly reduce a person's risk of developing type 2 diabetes. Classes start regularly.

For more information call 270-688-4804 or email Jenny.Young@OwensboroHealth.org.

DIABETES EDUCATION

The Healthpark's team of Diabetes Care and Education Specialists are ready to help you if you are living with diabetes. These registered dietitians and nurses, specially trained in diabetes management, will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to a diabetes education at the Healthpark.

For more information, call 270-688-4804.

DIABETES SUPPORT GROUP

Join others with diabetes for this free monthly meeting and learn more about managing your condition. Topics include healthy eating, medication, monitoring and coping with diabetes.

Group meets monthly on the third Tuesday of each month at 5:30 p.m. in Classroom B at the Healthpark.

UPCOMING CLASSES: April 18, May 16 & June 20

For more information call Gus Johnson, RN, CDCES, at 270-688-1227.

NUTRITION COUNSELING WITH A REGISTERED DIETITIAN/NUTRITIONIST

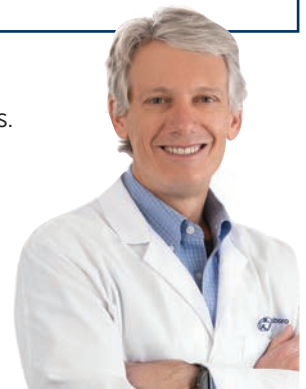
We are often bombarded with nutrition information, which can be confusing and misleading. Let our team of registered dietitian nutritionists at the Healthpark, the real nutrition experts, guide you through the nutrition misinformation while providing easy-to-follow, sound nutrition advice. Whether you need help managing a medical condition, want to assess your eating style or just need some tips and inspiration, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success.

Ask your health care provider for a referral to nutrition counseling at the Healthpark. For more information, call 270-688-4804.

LIFESTYLE AND SPORTS MEDICINE

Lifestyle medicine is the prevention, treatment and often reversal of diseases caused by lifestyle factors. It focuses on educating and motivating patients to develop healthful eating habits, effectively manage stress, increase physical activity, get adequate sleep, develop supportive social connections and avoid substance abuse. **Sports medicine** seeks to prevent illness and injury in active people and restore function in injured patients to get them moving again.

Owensboro Health is proud to have Dr. Scott Black offering Lifestyle and Sports Medicine right here at the Healthpark. Dr. Black is accepting new patients. For more information or to schedule an appointment, call 270-688-2110 or visit OwensboroHealth.org/Black.



WELCOME TO THE TEAM!



HOPE DIGIORGIO

Hope is a senior at Daviess County High School and has joined our aquatics team as a swim instructor. She has recently been certified as a lifeguard and will be subbing for our lifeguard team when needed. Welcome to the Healthpark team, Hope!



BRAYDEN JENNINGS

Brayden is a freshman at Kentucky Wesleyan College majoring in pre-law who has joined our front desk team. He has been a Healthpark member for several years and also participated on the Marlins swim team. You will see Brayden working the front desk on evenings and weekends.



CAROLINE PARSLEY

Caroline is a freshman at Kentucky Wesleyan College majoring in biochemistry with plans to attend dental school. She has joined our aquatics team as a lifeguard and working towards becoming a swim instructor. You can see Caroline working mainly on Tuesdays and Wednesdays in the pool area! Welcome to the Healthpark team, Caroline!



HILLARY SHARP

Hillary Sharp is the newest member of our personal training team. She has lived in Owensboro for most of her life and is eager to serve the community through the Healthpark and recent Personal Training certification. She spends her free time with her husband and three boys, and loves running on the Greenbelt and serving her church's children's ministry.



Owensboro
Health

Connections

Are you 55 or older and a member of Connections? If so, watch for the first quarter 2023 Connections Newsletter coming very soon to your mailbox. Many activities have been planned for your enjoyment. If you are not a Connections member but want to receive the newsletter, stop by Connections at the Healthpark today and complete the membership form so that you can be added to our mailing list. Healthpark members who are eligible receive a membership to Connections.

For additional information, contact the Connections office at 270-688-4855 or email Connections@OwensboroHealth.org.



For exercise tips, follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark