

Gretna Senior and Wellness Center

Let's Talk Wellness

February 2016

Upcoming Events

Matter of Balance

Wednesday, Feb. 17, 10:30 a.m. to 12:30 p.m.

Learn about strength and balance.

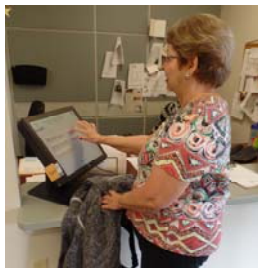
How to Love Your Heart

Tuesday, Feb. 23, noon to 1 p.m.

Dr. Frank Smart discusses heart health.

We Had Fun in January!

Members are already enjoying our new touch-screen system! Members can now swipe their membership cards to sign in and access programs and activities offered.



From Jan. 19 to Jan. 28, many members participated in the center's Wellness Challenge. Members earned points and were eligible for prizes for participation.

How to Love Your Heart

February is American Heart Month. By making just a few changes to your daily routine and diet, you can improve your heart health.

Physical activity is vital for a healthy heart. The American Heart Association recommends 30 minutes of aerobic exercise, such as walking or swimming, on most days of the week.

One tip for starting an exercise routine is to start slowly and build up to the level of activity your doctor recommends. It may also help to exercise at the same time of the day so it becomes part of your routine, and track your progress in an exercise journal. Ask family and friends to join you, or join an exercise group or health club (with your doctor's permission) if you need extra motivation. Wear comfortable clothing and listen to music, too. Lastly, if it is too hot or you don't feel up to it, don't exercise—listen to your body!

If you're concerned about having time in your day to get in the recommended 30 minutes of exercise, break up your routine into 10-minute or 15-minute intervals.

Another way to "love your heart" is with a heart-healthy diet. Eat plenty of fruits and vegetables. When shopping, look for 100-percent whole grain breads with at least 2 grams of fiber per serving. Select canned goods with no added salt or sugar and poultry or tuna packed in water instead of oil. Heart-healthy dairy items include fat-free or 1-percent milk or milk products. Choose reduced-fat cheeses and salad dressings with less than 250 milligrams of salt per ounce. Skip frozen foods with added sauces, oils, butter or breading. Opt for lean meats, such as rump roast or pork loin.

Talk with your doctor about your blood pressure goals and any medications you are taking to manage blood pressure and cholesterol. Keeping your blood pressure under control and taking medication as prescribed can help reduce the workload on your heart.

So show your heart some love—educate yourself and your loved ones about how to keep your heart healthy.

Welcome, New Members!

Join us in welcoming
our newest members:

- **Debra T.**
- **Mae F.**

Birthdays

Join us in wishing a very
happy birthday to:

Marilyn M.

Feb. 1

Linda R.

Feb. 1

Vonda E.

Feb. 4

Patricia M.

Feb. 7

Agnes M.

Feb. 7

Almontine S.

Feb. 7

Werner C.

Feb. 8

Shirley D.

Feb. 8

Mary W.

Feb. 19

Yvonne G.

Feb. 23

Janet U.

Feb. 23

Yvonne S.

Feb. 25

Debra Ann C.

Feb. 27

Heart Health Word Search

N F V X H T L A E H O Y S
Y M Y E X E R C I S E P G
G N W Y A U V D F H Q N B
N X S N I A R G U Q Q O K
Z K E A N U T R I T I O N
L G N I K L A W O N J I U
E V E G E T A B L E S W J
N A N K A T N T I U R F T
A C T I V I T Y C E W R N
F I S H V T R O S R F W X
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U U F X G J H U G O S Y E
E V O L P S W I M M I N G

ACTIVITY
EXERCISE
FISH
FRUIT
GRAINS
HEALTH
HEART
LOVE
NUTRITION
SWIMMING
VEGETABLES
WALKING

Contact Us

Gretna Senior and Wellness Center

476 Franklin St.

Gretna, LA 70053

Phone: 504-301-3743

www.peopleshealthwellnesscenter.com



Hours of Operation

Monday through Friday

8 a.m. to 4 p.m.



Directions

We're located in Gretna on the northeast corner of Franklin and McDonogh streets, just south of U.S. Highway 90.



Email Us

Have a question or comment? We would love to hear from you!

Email us at phwellness@peopleshealth.com.



The Gretna Senior and Wellness Center is a joint effort
between Peoples Health, the Jefferson Council on Aging
and the City of Gretna.

