

Healthy Living Caravan delivers free healthy living expo to Greater Naples YMCA

The Healthy Living Caravan presents the second annual Healthy Living Expo from 9 a.m. to 1 p.m. Saturday, Jan. 28, at the Greater Naples YMCA. The event is free and open to the public. The 2017 expo will focus on overall health and wellness.



PENNISI



GROSS

resources available to help caregivers cope with such burdens.

Sponsors of the expo to date are: NCH Brookdale Geriatric Center, Brookdale Senior Living, Captel Caption Telephones,

Comfort Keepers, Hoglund Family Hearing, La Piel Spa by Dr. Manuel Peña, VITAS Healthcare and the Greater Naples YMCA.

The Healthy Living Caravan is a group of health-care vendors who bring free health fairs to residential communities, businesses, churches and social groups. The organization's health professional vendors serve Collier and Lee counties to educate the community to get healthy, be healthy and stay healthy. The organization was developed to be the one-stop-shop for health and wellness fairs in Southwest Florida. For more information, visit www.HealthyLivingCaravan.com. ■

The Healthy Living Expo will provide: free health screenings by local health professionals, BMI and blood pressure checks, vision and hearing screenings, chiropractic care, spinal screenings, free massages, foot and gait analysis, health and wellness education and products, door prizes and raffles.

At 11 a.m., Dr. John Pennisi, D.O., and R.N. Colleen Gross of Brookdale Geriatric Center will present "Caregivers: The Invisible Patient," highlighting demographic projections of the need for caregivers in Collier County. Attendees will learn about the domains of caregiver burden and



Blue Zones Project welcomes three more SWFL businesses

LivingWell Chiropractic, Naples Abundant Health Chiropractic and My Diabetes Concierge have joined more than 30 organizations already engaged in the Blue Zones Project movement in Naples. Blue Zones Project is a nationwide, community-by-community initiative designed to help people make healthy choices easier through permanent changes to environment, policy and social networks.

To earn Blue Zones Project recognition, NAHC began offering water upon arrival at the clinic office to encourage their clients to drink more water each day. In addition, NAHC started serving healthy menu options at monthly wellness workshops. As a result of these and other small changes adhering to Blue Zones Project guidelines, chiropractic assistant Katie Kallies has lost 34 pounds and 22 inches. "I have a different relationship with food and the way I live my life," she says. "It has even encouraged my husband to live a healthier life."

Estero-based LivingWell Chiropractic joined the Blue Zones Project movement to help prove to clients that they could improve their health by making simple changes and taking small steps in the right direction. Among the Blue Zones Project principles staff urges clients to incorporate into their lives: eat until you're 80 percent full, take a walk every day and eat more fruits and vegetables.

When Denise Pancyrz, diabetes reversal coach and owner of My Diabetes Concierge, first heard about Blue Zones Project, she knew she wanted to get involved. As part of increasing well-being and implementing Blue Zones Project principles in her organization, she is now introducing her clients to restaurants offering Blue Zones Project-approved dishes.

For more information about Blue Zones Project-Southwest Florida, visit www.southwestflorida.bluezonesproject.com. ■

HRT

From page 24

■ 28 percent were subjected to harassment in medical settings and 2 percent were physically assaulted in doctor's offices;

■ 19 percent were refused medical care;

■ 28 percent postponed medical care when sick or injured due to discrimination.

Planned Parenthood will serve as a bridge for many Floridians, providing critical services "in a welcome environment that will allow thousands to feel safe accessing care as their authentic selves," says Gina Duncan, director of transgender inclusion at Equality Florida.

"We are proud to contribute to

improving the way transgender people receive health care in our region," Ms. Zdravecky says. "Continually working to make our health centers safe and supportive environments is valuable for all patients, by allowing people to be who they are, and by providing them with a supportive, inclusive and nonjudgmental health-care environment."

PPSWCF provides affordable health care through more than 40,000 patient visits each year and also reaches nearly 20,000 young people, parents, teachers and social services professionals throughout the region with sexual health information, education and professional training. One in five American women has relied on Planned Parenthood for high quality, affordable care at some point in their life.

For more information about the new services for the transgender population, call Anna Eskamani at (407) 376-3690 or email anna.eskamani@ppswcf.org. ■

GREET the Season
WITH STUNNING EYELASHES

Our eyelash extensions will leave you looking your holiday best.

First full set of Eyelashes **\$79⁹⁹** Regular price \$250

Holiday Special
Purchase an \$80 Gift Card and a Retail Starter Kit for **\$99*** (\$25 Savings)

Amazing Lash Studio
North Naples
2349 Vanderbilt Beach Rd
Located in the Shoppes at Vanderbilt
(239) 325-5274
Hours M-F 9-7 / Sat 9-6 / Sun 10-6
AmazingLashStudio.com

*Gift Card cannot be used towards membership dues. Valid in Naples and Sarasota only. Franchises Available. © 2016 Amazing Lash Studio Franchise, LLC

ME
Massage Envy

THE HOLIDAYS... YOU'VE GOT THIS
— And we have your back —

— FREE —
\$25
PROMO CARD*
WHEN YOU BUY
\$100 IN GIFT CARDS

— FREE —
\$50
PROMO CARD*
WHEN YOU BUY
\$150 IN GIFT CARDS

Nov. 7 - through - Dec. 24

NAPLES
(239) 325-3689
SOUTH FORT MYERS
(239) 333-3689

COCONUT POINT
(239) 947-3689
CAPE CORAL
(239) 549-3689

Open Late, Nights & Weekends

DISCLAIMER: *Offer ends 12/24/2016. Gift cards must be purchased at a Massage Envy franchised location. Offer is not valid online, from a third-party retailer, or for previous purchases. Minimum \$100 per transaction for a \$25 Promotional Card or \$150 per transaction for a \$50 Promotional Card. Gift cards are not redeemable or refundable for cash or credit except where required by law. Promotional Cards expire on 03/31/2017, and are subject to restrictions on use (See Promotional Card for details). Rates and services may vary by franchised location and session. Additional taxes and fees may apply. Each location is independently owned and operated. ©2016 Massage Envy Franchising, LLC. MM# 18316, 19921, 23573, 29773