

HEALTHY LIVING

FGCU welcomes Blue Zones co-founder

New York Times bestselling author, National Geographic fellow and Blue Zones Project co-founder Dan Buettner will share lessons from the world's most extraordinary people and their secrets of longevity at Florida Gulf Coast University's Alico Arena at 6 p.m. Monday, April 16. Doors open at 5 p.m. Admission is free, and all are welcome.



BUETTNER

Following the program, Blue Zones Project will celebrate National Walking Day by hosting an optional short walk. Attendees will receive a free Blue Zones Project T-shirt, sample plant-based food tastings and win prizes including more than \$1,800 in restaurant gift cards.



Copies of Mr. Buettner's new book, "Blue Zones of Happiness," will be available for purchase.

RSVP at www.wellbeingswfl.eventbrite.com.

Help for patients and caregivers

The Parkinson Association of SWFL Inc. has classes and support groups for those at various stages of the disease as well as their caregivers. Sessions meet at PASFI headquarters at 5926 Premier Way in Naples and also at Fleischmann Park and Terracina Grand in Naples, Bentley Village in North Naples, The Terraces at Bonita Springs and United Church of Marco Island on Marco.

The next monthly Lunch Bunch is set for noon Thursday, April 19, at Noodles Italian Café and Sushi Bar.

For more information about PASFI programs and services and to make reservations for the April Lunch Bunch, call the office at 417-3465 or visit www.pasfi.org.



The Y wants families at Healthy Kids Day

Summer's coming, and youngsters shouldn't laze it away

SPECIAL TO FLORIDA WEEKLY

As spring comes to an end, the Greater Naples YMCA hosts its annual Healthy Kids Day as a reminder not to let children idle away their summer days. Instead, adults need to help the youngsters in their lives awaken their imaginations so they can explore new activities and healthy habits for their minds and bodies.



Healthy Kids Day from 9 a.m. to 1 p.m. Saturday, April 21, features active play, fitness classes, food demonstrations and various educational activities designed to motivate families develop healthy routines at home. Also in attendance will be representatives from the Collier County Sheriff's Office, North Collier Fire Rescue District, Collier County EMS, Humane Society Naples' mobile adoption unit, food trucks and more. Admission and activities are free.

Celebrated at more than 1,600 YMCAs across the country, Healthy Kids Day works to get more kids moving and learning, creating habits they continue all summer long.

When kids are out of school, they often face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school learning activities, kids fall behind academically.

This summer learning loss is more pronounced among children from low-income families.

Kids also gain weight twice as fast during summer than the school year.

"When a child is healthy, happy, motivated and excited, something amazing inevitably results," says Ivan Torres, Youth Development Program director at the Naples Y. "We believe in the potential of all children, and we strive to help kids find that potential within themselves."

"A child's development is never on vacation." In celebration of Healthy Kids Day, the Y offers the following tips to help families develop healthy habits:

■ High five the fruits and veggies - Make sure kids get at least five servings a day, the minimum number nutritionists

recommend to maintain healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month.

■ Foster an early and ongoing passion for books - Read to and with your kids. Help children read at every age and every stage of their development.

■ Team up for athletic events - Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc.

■ Volunteer together - Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference.

■ Make sleep a priority - Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, learning and other vital functions. Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and seven to eight hours per night for adults.

For more information, visit www.greaternaplesymca.org.

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