

Posted on Tue, Apr. 28, 2009

## Health and fitness calendar

**The ABCs of Diabetes and Eye Health:** Seniors 65 and older without access to an ophthalmologist can call 800-272-EYES (3937) through the end of April to qualify for a free dilated eye exam through EyeCare America's Diabetes EyeCare Program.

**Childbirth Classes in English:** Educators Adriana Hurley and Annette Polizano teach participants about preparing for labor and delivery. Includes a tour of the hospital's maternity facilities; 10:15 a.m.-5 p.m. Sunday; Hialeah Hospital, 651 E. 25th St.; free. 305-693-6100 or [www.hialeahhosp.com](http://www.hialeahhosp.com).

**Consortium 2009 Worksite Wellness Awards:** Learn what leading South Florida employers are doing to encourage their employees to be healthier; 11 a.m.-1:30 p.m. Wednesday; EPIC Miami Residences and Hotel, 270 Biscayne Boulevard Way, Miami; \$50. 305-428-8687 or [jacque@premiermeetingservices.com](mailto:jacque@premiermeetingservices.com).

**Depression and Bipolar Support Alliance:** Meets every Tuesday evening at 7 p.m. at Beth Moshe Congregation, 2225 NE 121st St., North Miami; free. 786-514-6229.

**Eye Exams to Service Dogs:** The American College of Veterinary Ophthalmologists offers free eye exams to service dogs. For eye exam registration or more information, including a list of participating veterinary ophthalmologists, go to [www.ACVOeyexam.org](http://www.ACVOeyexam.org); May 1-9.

**Fibromyalgia -- The 10 Tests That Your Doctor Should Have Ordered:** Lecture and supporting evidence by Dr. Daniel A. Wasserman. Detailed handouts are given; 7-8 p.m. Thursday; Whole Foods Market, 21105 Biscayne Blvd., Aventura; free. 305-933-1543 or 305-933-1543.

**Finding a Cure in Marga-RELAY-Ville:** Party to fight cancer with this free wine tasting event; 6 p.m. Wednesday; Full Bodied Wine & Spa, 3015 Grand Ave., Coconut Grove; free. 305-779-2849 or [erika.gaeta@cancer.org](mailto:erika.gaeta@cancer.org).

**Fitness Stimulus Package:** Free enrollment offered for one week at Lady of America fitness clubs across the country May 1-7. 800-833-5239 or [www.ladyofamerica.com](http://www.ladyofamerica.com).

**For Your Health Lecture Series:** A variety of important health topics are covered throughout the year, including cosmetic surgery, colorectal cancer, sports injuries and spine health. Drs. Daniel Shedid and John O'Connell speak on innovative solutions for back problems at 7 to 8 p.m. Wednesday; Cleveland Clinic Florida Weston, 2950 Cleveland Clinic Blvd., Weston; free. 800-691-6555 or [clevelandclinicfla@ccf.org](mailto:clevelandclinicfla@ccf.org).

**Gentle Yoga with Stacey:** Chair yoga includes seated warm-ups, assisted standing poses, some floor poses and finally a guided relaxation and meditation; 10 to 11 a.m. Monday; Unitarian Universalist Congregation, 7701 SW 76th Ave., Miami; \$10. 305-274-8029 or [staceyberkley@bellsouth.net](mailto:staceyberkley@bellsouth.net).

**Healing Power of Touch:** All massages performed in the Social Work Annex 2 to 4 p.m. Tuesday; South Miami Hospital, U.S. 1 and Southwest 62nd Avenue; \$75 per hour and \$45 per half-hour table massages, \$35 per chair massages. 786-662-8106.

**Health Awareness Day:** Free consultations with fitness instructors, health professionals in the areas of nutrition, acupuncture, optometry, psychology, massage and chiropractic care; noon to 4 p.m. Saturday; Body Preference Total Fitness & Personal Training Center, NMB Commerce Center, 15455 W. Dixie Hwy., North Miami Beach;

free. 305-949-1634.

**Healthy Eating on a Budget:** Use coupons and strategic shopping to eat nutritiously and economically. Bring coupons to trade; 11 a.m. Tuesday; BJ's Wholesale Club, 5100 Powerline Rd., Fort Lauderdale; free. 954-249-7979.

**HIV/AIDS 101 Training:** Provides basics and fundamentals of HIV/AIDS, information on the latest HIV medications, research and comprehensive HIV prevention. Recommended for persons in professions whose certification does not specify Continuing Education Units (CEUs), but requires certificate of training in HIV/AIDS; 8:30 a.m.-12:30 p.m. Tuesday; Fort Lauderdale Health Center, 2421 SW Sixth Ave.; \$20 certification, free no certification. 954-467-4955.

**Informed Families' Monthly Lunch and Learn:** Focuses on the connection between mind and body, integrative medicine and lifestyle change to improve overall health. Guest speaker is Ruth Quillian Wolever, clinical health psychologist and research director of Duke Integrative Medicine; noon-1 p.m. Thursday; Informed Families, 2490 Coral Way, Miami; free, \$10 for boxed lunch. 305-856-4886 or [www.informedfamilies.org](http://www.informedfamilies.org).

**Latin, African, Caribbean Dance Workout:** Kukuwa dance workout is a blend of Latin, African and Caribbean dance as a low-impact, high-energy workout; 6 p.m. Friday; Marjorie and William McDonald Center, 17011 NE 19th Ave., North Miami Beach; \$5. 305-491-1445 or [thepro615@hotmail.com](mailto:thepro615@hotmail.com).

**Mental Health Support for Economic Losses:** Support groups with licensed mental health professionals help residents of Miami-Dade County hit hard by the recent financial crisis.

- 5 to 6 p.m. Thursday; Jackson South Community Hospital, 9333 SW 152nd St., Palmetto Bay; free. 305-355-8234.

- 5 to 6 p.m. Thursday; Jackson North Medical Center, 16800 NW Second Ave., North Miami Beach; free. 305-355-8234.

**Miracle Walk-5K Run:** Promotes organ donation in the community. Registration includes entrance fee to the zoo; 8 to 11 a.m. Sunday; C.B. Smith Park, 900 N. Flamingo Rd., Pembroke Pines; \$25, \$10 children 12 and under. 305-817-5645 or [www.miraclegwalk.kintera.org](http://www.miraclegwalk.kintera.org).

**Nacron Family Cancer Survivor Support Group:** Focuses on managing side effects from cancer treatment; 7 to 9 p.m. Wednesday; Glen Greenstein Early Childhood Development Center at the Alper JCC, 11155 SW 112th Ave., Kendall; call for price. 305-271-9000, ext. 264 or [www.alperjcc.org](http://www.alperjcc.org).