

# CREATION Life

CREATION Life is the whole-person health philosophy embraced by AdventHealth to help individuals achieve maximum health and wellness. Our goal is to positively influence all aspects of your life — body, mind and spirit. When practiced consistently, CREATION Life empowers us to live a more fulfilling and productive life by incorporating eight guiding principles — Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition.

- C Choice**  
**Own your path.**  
Choice is the power to control your life. Consistently making wise decisions is key to becoming the person you were created to be.
- R Rest**  
**Refresh and restore.**  
Rest is the restoration of your body, mind and spirit. Your best rest includes a good night's sleep and making time to relax daily, weekly and yearly.
- E Environment**  
**Influence your surroundings.**  
Environment is what lies outside your body and affects what takes place inside you. What you perceive through your senses impacts your well-being.
- A Activity**  
**Move your body, work your mind.**  
Activity is the movement of your body and the development of your mind. Exercising both can keep you alert and energized.
- T Trust in God**  
**Experience His love.** Trust in God is knowing that God loves you unconditionally. This trusting relationship brings peace during tough times and gives hope for the future.
- I Interpersonal Relationships**  
**Connect, belong and support.**  
Interpersonal relationships are the social connections you have with others. Healthy relationships bring happiness and make life better.
- O Outlook**  
**Be optimistic, express gratitude.**  
Outlook is the way you view your world. A positive attitude shapes your choices and how you interact with others.
- N Nutrition**  
**Eat smart.**  
Nutrition is nourishment for the body and energy for the mind. Understanding your relationship with food can lead to better choices and improved wellness.

# October, November, December 2022

## Wellness Classes

*Advance registration is required for Wellness Center classes. All events subject to changes due to COVID-19 guidelines.*

### **Table Talk with a Doc – In Person** **Time and Date to be Announced**

Join us for a plant-based meal and presentation from Board Certified Family & Lifestyle Medicine Physician, Dr. Andrew Roquiz, to learn lifestyle factors to help you live healthier, happier and longer. Advanced reservations recommended as seating is limited. To pre-register, call 863-386-6475.

### **The Cancer-Kicking Lifestyle – In Person** **5:30 - 7:00 pm**

**Lake Placid: October 6**  
**Wauchula: October 13**  
**Sebring: October 18**

Cancer is tough, but it doesn't have to win! Join this class to learn what science says about the lifestyle factors that can conquer cancer. To register, call 863-386-6475.

### **Health is Wealth – Virtual** **12:00 pm to 1:00 pm**

**October 27: The Cancer-Kicking Lifestyle**

Join our free virtual webinars to bust popular health myths, increase health awareness and be empowered with evidence-based methods to enjoy a healthier life. To register, call 863-386-6475.

### **Holiday Eating: Food-Guilt Free – In Person** **November 3 and December 6, 5:30 to 6:30 pm**

Traditional holiday meals are an integral part of our social and emotional wellbeing. For some however, the cloud of anxiety around food can overshadow the joy of the season. Join this class to learn tools to conquer overeating, food-guilt and enjoy your holiday for all its worth. To register, call 863-386-6475.

### **How to Feed Your Heart – In Person**

**October 7, November 4, December 2, 12:30 to 2 pm** Join

AdventHealth dietitians to learn about dietary causes of heart disease and healthy alternatives to help reverse and delay further progression of heart disease. To register, call 863-402-0177.

### **Neuro Challenge – In Person** **1:30 to 2:30 pm**

**October 6: The Cancer-Kicking Lifestyle**  
**November 3: Diabetes 101**  
**December 1: Healthy Holiday Eating**

AdventHealth, in partnership with Neuro Challenge Foundation for Parkinson's Disease, offers free health education resources to empower you to live well. To register, call 863-386-6475.

### **Dodging Diabetes – In Person**

Do you have a family history, or do you have pre-diabetes? Join AdventHealth dietitians for this free class to learn how lifestyle changes can help you delay or reverse pre-diabetes and type 2 diabetes. Class times and locations vary and are offered in English and Spanish. Space is limited. To register, call 863-402-0177. Virtual options available.

## Support Groups

### **Bariatric Support Group – In Person**

Hosted once a month by registered dietitians. Assists and empowers the lifetime journey of post-surgery weight management in a secure environment and supportive community for sharing experiences, recipes, and educational information from guest speakers. For more information, call 863-402-0177.

### **Heart Failure Support Group – In Person** **November 10, 12:30 pm**

Meets every other month to connect and provide patients education about heart failure maintenance, disease progression, care management and technology updates. For more information, call 863-402-7530.

### **Diabetes Support Group**

With support of a registered dietitian and peers, this support group equips people with tools and resources to help them achieve optimum management of their diabetes through updated research, treatments and lifestyle medicine. For more information, call 863-402-0177.

### **4-week Tobacco-Cessation: Tuesdays,** **October 11 - November 1**

Quitting tobacco isn't easy. Finding help should be. AdventHealth partners with Tobacco Free Florida to provide free and accessible resources in our community. Schedules and locations vary. For more information, please call 1-877-252-6097.

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 [SebringWellness.com](https://SebringWellness.com)