Health First

Health First’s ‘Save a Life Day’ Pairs Lifesaving Lessons and Fun

Health First Physical Therapy Targets Pelvic Floor Problems

Bright Star Helps Grief-Stricken Hearts Heal

Holmes’ MICU Nurses Band Together to Honor Our Veterans
Saturday, March 17, 2018  •  8:15 a.m. to 3 p.m.
Hilton Melbourne Rialto Place

Please join us for our 14th Annual Caregiving for Seniors Conference, tailored to family caregivers providing care and support for their loved ones. This day will be filled with information and community connections to help you continue to provide quality care and find support. This day is for you... relax, enjoy, learn and connect.

CONFERENCE CAREGIVER SESSIONS WILL INCLUDE:

Keynote: “Hanging by a Thread - Saving Yourself While Caring for Others” — Lori La Bey

Second Session: “Family Gatherings and Traveling with Dementia: Driving and How to Address Challenges” — Lori La Bey

Afternoon Session: “Planning for the Caregiving Journey” — Visa Srinivasan, MD, Medical Director of Health First Aging Services, will moderate a panel of experts to help guide you on the different stages of your caregiving journey. Our panel will include a social worker, nurse case manager, elder law attorney and representatives from Health First Private Duty Home Care and Hospice of Health First.

Exhibitor Resource Fair: “Ask the Experts”

COMPLIMENTARY LUNCH, DOOR PRIZES AND MUCH MORE.

For early registration, call now 321.434.4335
Bright Star Helps Grief-Stricken Hearts Heal

Hospice of Health First Program Provides Children and Families Comfort, Group Support with Peers

It's been five years since Mikey Puffer lost his 43-year-old father, Mike, to lung cancer.

Now 13, the Palm Bay boy has limited memories of life with his dad. But thanks to Health First's Bright Star Center for Grieving Children and Families in Melbourne, a sense of normalcy has been restored. Part of Hospice of Health First, the center is funded through the generosity of the Health First Foundation.

It provides a safe place where Mikey can not only cope with his hurt, but celebrate his father's memory – and just be a kid.

“He loved the fact that people understood that somebody else was going through the same thing he was,” said Eva Puffer, Mikey's mom. “Because kids at school don't understand.”

Widowed at 37, Eva knew pretty quickly that her son would need an outlet for his grief – as well as herself. When Terry Musso, a licensed clinical social worker with Bright Star, came to visit the family at the William Childs Hospice House in Palm Bay, Eva knew she'd found her resource. Mike spent two-and-a-half days there before he passed away on September 5, 2012.

“She was so caring and kind, I really took to her right away,” Puffer, 42, recalled. “And I knew she was going to help Mikey.”

Three weeks after Mike's death, the two walked into the program – and have never left.

“I know a lot of kids 'graduate' … but they've kept us around because they know that we need the support,” she said. “I just don't know what I'd do without them.”

Provides Comfortable Environment

Bright Star, located at 1131 W. New Haven Ave., has helped more than 2,800 children and 850 families since opening in September 2000, said Musso, who has been with the program for 15 years.

“Children who are grieving, they’re not broken,” Musso said. “What works best for them is peer-supported support groups.”

Bright Star provides a comfortable environment in which these children are encouraged to talk about their loss, in addition to participating in creative, positive play in a peer group setting.

“They don't feel as isolated in their grief,” Musso said. “They find friends here. They find comfort here.”

Mikey certainly did, recently leafing through a memory book he made in the months that followed his dad's passing.

“If I could have one wish, it would be that my dad was still alive,” Mikey, now 13, solemnly read aloud from the scribble on the green pages. “But at least he's not suffering anymore.”

Therapy sessions are held twice a month from 6:30 to 8 p.m. on weeknights. Sessions are divided into three age groups: children, 4 to 10 years old; “tweens,” 11 to 13 years old; and teens, 13 to 19 years old. Concurrent group sessions are also offered for adults.

Musso and clinical social worker Adrienne Vyasulu staff the department. About 60 volunteers – who undergo six weeks of training and required background checks – round out the rest. There is no fee to attend or requirement of the lost loved one to have been a Health First Hospice patient.

“We're open to anyone,” Musso said. “But these get-togethers aren't only about mourning. They're also about celebrating the memory of lost loved ones through arts, crafts and other forms of expression. And about letting kids just be kids – through games, dress-up or taking a few minutes in the popular “Hurricane Room,” where kids can bounce around with a cloth dummy and safely funnel frustrations. Mikey Puffer is among the fans.

“It was fun,” Mikey said of the activities offered. “They have Skee-Ball, and then they have this one room called the Hurricane Room, and that is my most favorite. I can basically do anything I want in there.”

A Place for Hope

In addition to regular offerings, Camp Bright Star is held at Gleason Park in Indian Harbour Beach twice a year. There, about 50 children gather for a day filled with remembrance and fun – from interacting with therapy dogs to karaoke to writing a letter to their lost loved ones.

Musso just wants every participant to know Bright Star is a place not just for hurt, but for hope. A place where the message is clear: “It's OK to be sad, but you'll be OK.”
Holmes’ MICU Nurses Band Together to Honor Our Veterans

Hospital Auxiliaries Provide Funding to Present American Flags to Patients in Their Final Hours

Less than a year ago, RN Jake Phillips bonded with the son of a dying patient in the Medical Intensive Care Unit at Health First’s Holmes Regional Medical Center.

“Somewhere in the conversation, it came up that his father was in the service,” Phillips said of the Korean War vet. “He said, ‘Hey, do you guys provide a flag or anything?’ I was like, ‘No we don’t. But we should.’”

Phillips thought it was a great idea and mentioned it to nurse Hannah Rouw.

“She said, ‘I’ll go. I’ll clock out on my lunch break and get him one,’” Phillips said.

Another staffer, who had been in the Reserve, folded the flag.

“When it was time to get ready to take him off the vent, we went in there and kind of had a ceremony, and told him how much we appreciated taking care of his loved one,” Phillips explained. “And on behalf of Holmes Regional Medical Center, this (flag) was out of respect for their loved one.”

John Harrell, a retired Air Force captain who is the nurse manager of the MICU, performed a bedside ceremony, similar to the final respects paid to a fallen soldier.

“The family was just extremely grateful,” Phillips said. “Every one of them embraced me. You can tell this was a sad time, but at that moment, we were taking a second to recognize that their father is not an ordinary person. We’re celebrating the life of a soldier, someone who was willing to pay the ultimate sacrifice… a hero.”

The moment simultaneously broke and warmed the hearts in that room. And it began a series of such tributes to the hospital’s sickest patients.

Soon, Health First’s Holmes Regional Medical Center and Palm Bay Hospital Auxiliaries stepped in and began covering the cost of the flags. Now, Jimmy Golden, son of nurse Kim Golden, folds each flag, a part of his Eagle Scout project.

“It’s Very Emotional”

As of November 21 of these scenarios have played out in a little less than a year. The movement has been well-received with both staff and patients’ families. Typically, Harrell preps a family, asking if a gift would be welcome. Some relatives have even asked for staff to hold off for an hour or two so entire families can be present.

“We’ve had some crowds, where we’ve presented a flag and the room’s been full of people,” Harrell said, who admits maintaining his composure is challenging. “It’s not easy. I have to speak very slowly and be very focused.”

Harrell hopes the goodwill continues to spread elsewhere in the hospital. He envisions rolling it out to the oncology unit, which has seen one flag presentation of a former MICU patient. Eventually, he’d love to see it catch on throughout Health First’s hospitals.

“Right now, it’s just a grassroots effort,” Harrell said. “It’s just people who have a pure heart, and wanting to show love to people.”

If anything, these nurses want the families to know that they’re not alone – to provide some semblance of relief.

It did for Tina Kicklighter, 42, of Westin. When she made the difficult decision to remove her father, Don Beaver, 67, of Melbourne, from life support, nurse Susan Pellerin asked if staff could do something special to honor the U.S. Army veteran.

“I said, ‘Of course, that would be amazing,’ ” Kicklighter recalled. “And then I kind of forgot.”

That was, until Pellerin, walked into the room with Harrell, who was carrying an American flag, folded in a triangle, per military protocol.

“It was very emotional,” Kicklighter recalled. “I remember that he said, ‘I’m here to present this flag to your dad to thank you for his service’.”

As Harrell spoke in honor of Beaver’s sacrifice, there wasn’t a dry eye in the room.

“I remember thinking, how special. We knew he wasn’t going to make it, but he was still alive,” Kicklighter said, noting while her father was not awake, she was confident he was aware of the tribute. “In that moment, I was very, very sad but felt very proud of my dad.

“That would be one of the last things he would’ve heard.”

She was so moved, she invited Pellerin, her dad’s nurse, to his memorial service. Pellerin wants people to know their “loved one’s service is noted.”

“It meant something,” Pellerin said.

“You gave of yourself so selflessly, so we just have something to give something back to you, as a memory of gratitude. It’s so important. No one wants this to happen. But it’s going to happen. So in a time of no control, family sitting there… just to let them know what your loved one did matter to us, and we thank you.”
Health First has a commitment to giving back to the community and it was shining bright for all to see this holiday season. Health First participated in several events to brighten the holiday for those in our community and around the world.

Among the many efforts were special card-signing stations at several Health First locations. Associates had the unique opportunity to write handwritten, personal messages to our overseas soldiers, expressing gratitude for the sacrifices our military continues to make. Approximately 4,000 holiday cards were sent to service members – each with a peppermint candy and heartfelt thanks.

Christmas Toy Drive

For the fifth year in a row, Health First has partnered with the South Brevard Sharing Center to help fulfill wish lists for children who otherwise may not have received gifts for the holidays. Health First associates and South Brevard Sharing Center volunteers shop at Toys R Us to purchase gifts for more than 600 children in Brevard County — many of whom are homeless — as part of the Sharing Center’s “Children Without Christmas Toy Drive.”

Purchased gifts are delivered to the children via a Sharing Center truck before Christmas Day. Additionally, Health First supports the Brevard Family Partnership fulfilling the wish lists of 100 children in need by shopping at WalMart in Viera for the gifts.

Health First also played host to festive tree lighting ceremonies at each of its four hospitals and at its Health First Health Plans headquarters in Rockledge, FL. Parades are always a fun way to celebrate the holidays and Health First was a proud sponsor of both the Light Up Viera Holiday Parade and the Palm Bay Holiday Light Parade.

The holidays are always special, and Health First is thankful for the joy and love our associates, patients and neighbors displayed this season. We are looking forward to a happy and healthy 2018.
Health First’s ‘Save a Life’ Day Equips Brevard Community with Critical Skills

Health First events such as “Save a Life” Day, which are at no cost to the community, has helped train more than 20,000 people in CPR in years past. Added into the mix this year is Stop the Bleed, which has been taught to about 3,100 first responders and 1,275 civilians since being rolled out in the past five years.
Would you know what to do if someone had a cardiac arrest in your presence – or suffered a severe, life-threatening wound?

The best hope for survival in either situation rests on the shoulders of the people who are right there, said David Schmitt, manager of Health First's Training Center in Melbourne. That's why Health First is hosting “Save a Life” Day Saturday, March 3 at the Melbourne Auditorium, 625 E. Hibiscus Blvd., marking a decade of providing free lifesaving training to the community. Participants will learn how to administer CPR, as well as bleeding-control tactics through Stop the Bleed training.

“The only thing more tragic than the death of a person is a death that was preventable,” Schmitt said. “Our goal at Health First is zero percent preventable deaths.”

The event, which is at no cost to the community, has helped train more than 20,000 people in CPR in years past. Added into the mix this year is Stop the Bleed, which has been taught to about 3,100 first responders and 1,275 civilians since being rolled out during the past five years.

Event Schedule

- 8 a.m. – Field day activities outside the auditorium, including a Health First Pro-Health & Fitness obstacle course, climbing wall, Zumba and cardio combat, and a ninja warrior children's obstacle course. There will be prizes for the kids, face painting, a photo booth and an exhibit by the Brevard Zoo. A light breakfast will also be provided.
- 9 a.m. – Stop the Bleed training, inside the auditorium. The first 100 participants will receive free tourniquets.
- 10 a.m. – CPR training, inside the auditorium

Registration is required for both training sessions, which will be led by Health First instructors and volunteers. Participants who complete the training will receive a free T-shirt and a Pizza Gallery coupon.

Officials note acquiring such knowledge could be the deciding factor whether someone survives a critical medical crisis.

"By providing members of our community with free CPR, AED use and Stop The Bleed training, we make the Space Coast a safer place to live, work, play and visit,” Schmitt said.

CPR Critical for Survival

According to Schmitt, nearly 90 percent of people who suffer out-of-hospital cardiac arrests die from them; if CPR is performed in the first few minutes, that person’s chance of survival can triple.

Stop the Bleed training (also known as B-Con) follows a national initiative, teaching bystanders how to quickly control bleeding in the aftermath of a traumatic event. Participants are taught how to save lives by applying pressure, as well as instructions on how to use a tourniquet.

Whether a gunshot wound or deep cut, serious, life-threatening arterial bleeding is the Number One cause of preventable death when it comes to trauma, Schmitt said. Those first few minutes post-injury – when emergency medical personnel are en route – are crucial and could determine whether a trauma victim survives or dies.

"Controlling the bleeding saves lives,” Schmitt said. “The best hope for survival is controlling the bleeding as close to the time of injury as possible. We must be able to treat ourselves, family, friends and others until professional help arrives.”

February/March 2018
**Health First Physical Therapy Targets Pelvic Floor Problems**

**Bladder Woes Can Be Improved With a Little Education and Work**

Dr. Christine Klein wants women to know it’s time to shelve the embarrassment. With one out of four women age 20 and up suffering from pelvic floor disorders, there’s no reason to suffer in silence.

“A lot of people just don’t want to talk about it. They think it’s normal, so they just expect it to happen,” said Klein, a physical therapist with Health First who specializes in pelvic floor physical therapy.

“It’s common, but it’s not normal… A few habit changes can make a world of difference when it comes to pelvic floor conditions.”

With bladder control problems in particular affecting 30 to 50 percent of women – according to the American Urogynecologic Society – plenty of people are not alone. The National Association for Continence, NAFC, is another health organization with a variety of resources online.

Klein, as well as Health First Urogynecologist Aimee Tieu, also wants to help shift the spectrum of unnecessary shame.

“I think that’s one of our biggest jobs, is get this information out, so that people understand they don’t have to live like this,” Tieu said. “The majority of them just need a little bit of education into their condition and how to manage it. They can have significant improvement in their quality of life.”

For overactive bladder in particular (which the NAFC says affects 33 million adults in the U.S.), one or more therapies could help. Tieu often sends patients Klein’s way to see if physical therapy could help. Tieu often sends patients to Klein’s clinic to see if physical therapy could help. Klein, as well as Health First Urogynecologist Aimee Tieu, also wants to help shift the spectrum of unnecessary shame.

“Urinary and fecal incontinence is the Number One reason people get put in nursing homes,” Tieu said. “It’s devastating.”

Klein encourages all postpartum moms to seek a referral for a pelvic floor physical therapist once cleared by their OB-GYN.

“Helping improve patients’ quality of life – being able to lift their baby and exercise without pain or urinary leakage, preventing pelvic organ prolapse, avoiding the need to urinate every hour, no longer being afraid to leave the house due to embarrassment – these things keep me fulfilled, knowing that I’m able to help improve someone’s life,” she said.

**Healthy Bladder Tips**

- Normal urination occurs every 3 to 4 hours during the day
- Avoid bladder irritants, such as acidic and caffeinated foods and beverages
- Drink enough water
- Avoid sit-ups and crunches when doing abdominal exercises, which place unwanted stress on the bladder and can weaken pelvic floor muscles
- Practice Kegel exercises
- Don’t strain when using the restroom

To find out more about Health First’s Urogynecology services and providers, visit HF.org/urogynecology.
Get your digital screening mammogram, enjoy the company of your friends and an opportunity to win a plush robe. Event dates and locations are listed below.

2018
Health First Girls’ Night Out Mammo Parties are held 4:30 p.m. to 7 p.m. Refreshments and wine will be served.
Call today 321.434.6100. Appointment times are limited and will go fast.
For more information, HFbreasthealth.org

The Breast Center, 1223 Gateway Drive, Melbourne
February 20 • March 6 • April 10 • May 8
June 5 • July 10 • August 7 • September 11
October 2, 9, 16 and 23 • November 13 • December 11

Health First Imaging, 603 N. Washington Avenue, Titusville
February 8 • April 24 • June 14 • August 7
October 18 • December 4

Viera Medical Plaza, 8725 N. Wickham Rd., Suite 101, Viera
October 3, 10, 17, 24 and 31

Cape Canaveral Hospital, 701 W. Cocoa Beach Cswy., Cocoa Beach
October 16
Provider Spotlight: E. Schuyler DeJong, MD
Orthopedic Surgeon Subspecialty Trained and Board Certified In Sports Medicine

- SPECIALTY: Orthopedic Surgery/ Sports Medicine
- EDUCATION: Fellowship in Orthopedic Sports Medicine at Keller Army Hospital, West Point, New York; residency in Orthopedic Surgery at Tripler Army Medical Center, Honolulu, Hawaii; medical degree from Uniformed Services University of the Health Sciences, Bethesda, Maryland; Bachelor of Science in Biology, Colorado State University

Q: Tell us about your professional background.
- DR. DEJONG: After completing medical school, I did my internship at Tripler Army Medical Center (AMC) in Honolulu, Hawaii. In the Army at that time, we often did a “general medical officer” tour after internship, serving in a health clinic in the Army. I was assigned to Panama, where I spent one year working in the Orthopedic Clinic at Gorgas Army Hospital and another year at a clinic at Fort Clayton. It was a great experience. I returned to Tripler for residency training, which is orthopedic surgery training. After graduation, I went to Fort Rucker, Alabama, where the Army trains its helicopter pilots. I served as an orthopedic surgeon there for 3 years. By the end of my tour, I was the Chief of the Department of Surgery and an Army Flight Surgeon. I was fortunate to have been accepted to the Army’s distinguished Sports Medicine Fellowship at West Point. This was a 2-year training program, with one year of research at the U.S. Army Institute of Surgical Research in San Antonio, Texas, and a year at the U.S. Military Academy at West Point. The year at West Point was fantastic, working with an outstanding group of clinicians, the Cadets, and the Division I athletic programs. In addition, I rotated on the sports medicine service at the world-renowned Hospital for Special Surgery in Manhattan and the prestigious Steadman Hawkins Clinic in Vail, Colorado. It was an incredible experience.

After completing my fellowship, I served as the Chief of Sports Medicine at Brooke Army Medical Center in San Antonio, Texas. When my military obligation was complete in 2003, I was fortunate to find an opening here in Brevard County with MIMA (which joined Health First Medical Group in 2013). I’ve been here since. Here in Brevard, I am the team physician for Florida Institute of Technology’s athletics program. Myself and another physician also serve as team physician for Melbourne High School’s sports programs. I continue to serve as the physician for the United States Tennis Association’s (USTA) tennis tournaments at the Kiwi Tennis Club since the tournaments’ inception. I worked with the Washington Nationals for several years. I also take care of a great number of people in Brevard County who want to stay active or heal after an injury.

Q: Where are you located?
- Office: 205 E. NASA Blvd, at the corner of NASA and Apollo boulevards in Melbourne
- Phone: 321.725.4500, ext. 7801
- DR. DEJONG: I primarily operate in outpatient surgery centers, including Melbourne Same Day Surgery Center and Melbourne Surgery Center. I also have physician privileges at Holmes Regional Medical Center.

Q: Did you always want to go into medicine?
- DR. DEJONG: My father was a physician, so I was somewhat familiar with the medical field. I had a few jobs in high school and early college and found I liked working with people much more than working alone. During my freshman year in college, I had a little too much fun, and my GPA showed that. As I started my sophomore year, however, I thought carefully about what I enjoyed doing and what I was good at and decided to pursue medicine. As a result, I got a lot more serious about school as well, and graduated Cum Laude and Phi Beta Kappa.

Q: How did you choose your specialty?
- DR. DEJONG: As I started medical school, initially, I really didn’t know what specialty I would choose. My father was a pathologist, but I did not want to pursue that area of specialty. I had a lot of interest in a surgical specialty, however, with a deep interest in fixing things. In the first year of medical school, one of the classes was gross anatomy. There are four of us to a cadaver, and, ironically, two of my partners started medical school saying they wanted to be orthopedic surgeons. The more I looked into it, the more becoming an orthopedic surgeon interested me. I was good with my hands and have good mechanical “know-how,” which fits well in orthopedics. During the fourth year of medical school, I was able to do elective rotations in orthopedics, which cemented my desire to become an orthopedic surgeon. Ironically, neither of my gross anatomy partners ended up pursuing orthopedics.

Q: What’s your favorite aspect of your job?
- DR. DEJONG: Seeing someone I operated on back doing the things they enjoy. This is particularly true for our high school and college athletes. I’ve been fortunate to be the physician for the athletic teams at the Florida Institute of Technology for over 10 years now. It is always...
Perks of Personal Training – at a Fraction of the Cost

Ready to hit your fitness goals – for real this time? Small group training could be the key to making your dream body more than a vision.

“The big benefit with small group training is you’re getting a little bit more attention than you would with a standard class,” explained Nate Taylor, a personal trainer with Health First’s Pro-Health & Fitness Center on Merritt Island. “It’s the experience of a personal trainer and lot a more personal” attention.

Taylor, 27, isn’t just trying to land himself some new clients. Within the past few years, he’s lost about 80 pounds himself through tailored fitness and nutritional habits.

He explains that his small group training sessions provide a personal training atmosphere with the added benefits of camaraderie – at a reduced cost. Sessions are $20 per hour, per person; a 10-pack of training sessions can also be purchased for $175.

With traditional group exercise classes, you’ve got an instructor leading a large number of participants in a synchronized session; with personal training, you’ve got a routine built to accommodate you, but it can be pricier. The smaller workouts narrow the focus to six to 10 people, allowing the training to interact one-on-one as needed.

As far as his style? Taylor focuses on high intensity resistance workouts. It’s one that doesn’t rely so much on free weights but medicine balls, dumbbells and plyometrics (jump training that helps improve speed and strength).

“It’s all pretty varied,” Taylor said. “The way I do it, it’s a lot of as many reps as possible.

What that is depends on the individual. For one person, that may be five reps – another might be able to complete 50.

“Pay attention to what your body’s saying,” he said. “It’s about pushing it to your limit, but your limit – not what I think your limit is.”

He urges clients to get a friend or two to join in to facilitate accountability – because at least when it’s tough, it’s tough together.

“It kind of helps you stick to it,” Taylor said.

Taylor said most people benefit from three to four sessions a week, but “two would work,” paired with healthy eating. (He notes if you’re looking to reach specific goals, such as fat loss or abdominal reduction, seek help from a dietician.)

Overall, it all comes down to the individual and what syncs with their body, lifestyle and schedule. To gain workout momentum and maintain success, Taylor explained it’s important to stay focused.

“Showing up is 90 percent of the battle,” he said. “Keep sight of why you started in the first place. There was a reason.”

LEARN MORE: For details on small group training options, visit healthfirstprohealth.org or call the facility you’d like to visit:

- Viera: Janice Waddell, 321.434.9153
- Merritt Island: Andrew Pietruk, 321.434.5815
- Melbourne: Ian Poe, 321.434.1430

Cost is $20 per hour, per person, and a 10-pack is available for $175.

Provider Spotlight: Orthopedic Surgeon E. Schuyler DeJong, MD

especially gratifying to see players I’ve operated on back on the field or court. I recall one high school soccer match where there were four girls on the field playing whose anterior cruciate ligament (ACL) reconstructions I had done – two from each team. The feeling is the same though, to hear from a recreational tennis player or weekend warrior. Staying active is an important part of many people’s lives, and it is a great feeling to have helped someone who was injured recover and get back to doing the activities they enjoy.

Q: Are there new technologies on the horizon that will help your patients?

■ DR. DEJONG: Medicine is growing and changing rapidly. There have been many great advances in implants and materials for repairs and reconstructions. Probably the most exciting thing on the horizon, however, is biologics. The ability to grow new articular cartilage or meniscal cartilage, for example, remains elusive. The development of biologic products – which would allow the regrowth of normal joint articular surfaces after injury – will be an incredible advancement for orthopedics. Other possibilities for biologic products would include ligament or tendon scaffolds for healing and improved bone graft substitutes. The development of biologic products to replace or regrow damaged tissue represents one of the most exciting technologies on the horizon.

Q: What is one piece of advice you would tell patients about their health?

■ DR. DEJONG: Stay fit but be smart about it. Maintaining fitness is incredibly important for many reasons. But choosing methods of maintaining that fitness also avoids injury is vital. If you haven’t been to the gym for a while, if might be a good idea to enlist the help of an athletic trainer or (physical) therapist on how best to exercise to safely get fit. I see a lot of patients who jump into exercise programs with the best intentions but without a very good plan. Some education and guidance can go a long way in developing a fitness regimen that will get and keep you going strong.

To schedule an appointment with Dr. DeJong, call 321.725.4500, ext. 7801.
HEALTH FIRST WANTS YOU TO BE PREPARED TO SAVE A LIFE

Free CPR and Stop the Bleed Training
Saturday, March 3  •  8 to 11 a.m.
Melbourne Auditorium – 625 E. Hibiscus Blvd.

♥ 8 a.m. – Field Day for Kids
♥ 9 a.m. – Stop the Bleed Training  ♥ 10 a.m. – CPR Training
♥ Registration is required for CPR Training* and Stop the Bleed Training

ALL EVENTS ARE FREE

PARTICIPANTS WHO COMPLETE THE CPR AND STOP THE BLEED TRAINING WILL RECEIVE:
- Free T-shirt
- Certificate for a free personal gourmet pizza from Pizza Gallery & Grill in Viera

ACTIVITIES INCLUDE:
- First Responders vehicles on display
- Pro-Health & Fitness obstacle course for all ages
- Zumba and Cardio Combat classes
- Ninja Warrior kids obstacle course
- Balloons
- Face painting
- Music
- Brevard Zoo exhibit
- Prizes for kids
- Photo booth
- Climbing wall
- Light breakfast

Register at HF.org/savealife

*CPR Training is American Heart Association “Friends & Family” and is not job certification training