February 15, 2026

Hello Health & Wellness Club Members,

It was wonderful to see so many of you at our recent **Movement and Brain Health** presentation with Orlando Ilustrisimo. With over 100 participants in attendance, the room was filled with energy, movement, and enthusiasm. It was inspiring to see everyone actively engaged while learning how movement supports brain health and overall vitality. Thank you to everyone who joined us and helped make this event such a success!

📅 Upcoming Health & Wellness Club Events

🥗 Understanding Food Labels

Monday, February 23 | 1:30 PM

📍 Independence Center — Multi-Purpose Room
Presented by Caroline Broski and Ann Ross

Understanding food labels is one of the most empowering tools you can use to support your health. Join us for this informative and interactive session where you'll learn how to make confident, informed choices at the grocery store.

🧠 Physical Therapy for Healthy Living

Friday, March 13 | 1:30 PM

📍 Delaware Room
Presented by Danny Wilcox, Physical Therapist

Danny will share valuable insights on how physical therapy can support strength, mobility, injury prevention, and overall function as we age.

If you haven’t already RSVP’d, please visit our website event page to reserve your spot.

⚖️ Special Presentation: Strong and Steady

Monday March 16 | 1:30 PM

📍 Independence Center — Multi-Purpose Room

Presented by Bonnie Marshall, Vice President, SCA Health & Wellness Club

We’re excited to offer this special presentation focused on balance and stability. Bonnie will guide us through simple balance exercises and share practical ways to improve stability, confidence, and safety in everyday movement.

🤝 Special Invitation from the Lifelong Learning Club

Paul Scea, President of Lifelong Learning, and Juanita Brown, Project Director, have graciously invited Health & Wellness Club members to attend a special presentation in recognition of National Heart Month:

❤️‍🩹 It’s Time for a Heart-to-Heart About Your Health, Especially Women

Wednesday, February 18, 2026 | 10:00 AM

📍 Delaware Room

Featured presenters include:

- **Kim Keels**, Rose Bud Auxiliary Membership Ambassador
- **Ric Miller**, Marketing Director of Cardiovascular Services, St. Rose Dominican Hospitals
- **Lena Walters**, SCA resident and heart attack survivor

Did you know that cardiovascular disease is the number one killer of both men and women — and that women's symptoms can often differ from men's?

Mr. Miller brings over 40 years of experience in cardiac care and will share insights on the latest cardiovascular technology, diagnosis, and treatment. He will also be available to answer your questions. St. Rose Siena Hospital, Henderson's only trauma hospital, continues to make significant advancements in cardiovascular services and patient care.

🥜 Healthy Recipe of the Week

Five-Ingredient Almond Butter Energy Bites (No Bake)

Ingredients:

- 1 cup natural almond butter
- 1 cup rolled oats
- 2 tablespoons chia seeds
- 2 tablespoons honey or maple syrup
- ¼ cup chopped walnuts or pecans

Directions:
Mix all ingredients together, roll into small balls, and refrigerate. These provide healthy fats, protein, and fiber for sustained energy and balanced blood sugar.

🧘 Mindful Moment

Take one minute today to pause and breathe deeply. Inhale slowly through your nose and exhale gently. This simple practice helps calm the nervous system, improve focus, and restore balance.

Small moments of mindfulness create lasting wellness.

✅ RSVP Reminder

Please remember to RSVP for all Health & Wellness Club and Lifelong Learning events so we can plan accordingly and provide the best possible experience for everyone.

Visit our website to RSVP:
healthandwellnessclub.org

Thank you for being part of our vibrant and growing wellness community.

Warm regards,
Lindy Mitchell
President
SCA Health & Wellness Club

Website: healthandwellnessclub.org