

PARRISH
MEDICAL
CENTER

—
SPRING 2010

SPIRIT *of Women*



61 Discounts... and Counting

*Spirit of Women members
save big at local businesses*

Did you know that as a Parrish Medical Center (PMC) Spirit of Women member you have the benefit of discounts from a variety of Spirit business partners?

You'll find hair stylists, beauty products, acupuncturists, florists, real estate agents, restau-

rants and so much more—everything you need to live a healthy, happy life. And PMC is working every day to add more business member rewards to this list.

Thanks go to our Spirit business partners for their shared commitment to the betterment and empowerment of women.

When you patronize PMC's Spirit partners, simply show your Spirit of Women key fob or card as proof of your membership. Call the Spirit partners listed in this issue to learn about discounts, as they may change without notice.

Enjoy your discounts—because just being a woman has its own rewards. ➤

Inside

**PUCKER UP FOR
CITRUS SALAD**

**HAVE YOU JOINED
HEALTHBRIDGE?**

**THE POWER
OF POSITIVITY**

Spirit Business Partners

A-1 Stop Auto Shop
3762 S. Hopkins Ave.
321-269-7554

About an Inch Salon
214 Julia St.
321-264-7644

Accent Framing
1915 Knox McRae
321-269-0099

**Acupuncture,
Eric Hunstad**
2708 Garden St.
321-267-4324

**A Heavenly Home
Cleaning Service**
321-267-5552

Aja Salon & Day Spa
227 Harrison St.
321-383-2423

Axsys Resources LLC
3333 S. Hopkins Ave.
321-383-0201

BeautiControl
321-383-7308

Bikram's Yoga
4509 S. Hopkins Ave.
321-749-9642

**Bob O'Connell's
Rental Centre**
270 Borman Drive,
Merritt Island
321-453-2400

**Bobbie Letmon/
Princess House**
321-264-8895

**Brenda Browning/
First Fitness
Distributor**
P.O. Box 6424
321-591-4463

**Brevard County
Women**
1100 Lake Harney
Woods, 407-446-3812

**Brevard Museum of
History and Natural
Science**
2201 Michigan Ave.
321-632-1830

Caffé Chocolat
304 S. Washington
Ave., 321-267-1713

**Cherique's Fashion
Boutique LLC**
3550 S. Washington
Ave., Suite 12
321-267-2556

Classical Feng Shui
305-297-8414

Clinique
321-507-5490

**Coldwell Banker
Devonshire Realty,
Luann Malark**
14 S. Holiday Lane
321-480-4733

Comfort Keepers
217 S. Hopkins Ave.
321-268-3310

**Custom Corners
Frame Shop**
682 West Ave., Port St.
John, 321-631-5411

**Daly Chiropractic
and Wellness Center,
Eric Hunstad**
2708 Garden St.
321-267-4324

**Discovery
Institute PA**
845 Executive Lane,
Suite 100, Rockledge
321-631-5538

The Downtown Gallery
335 S. Washington
Ave., 321-268-0122

**Floral Creations
by Dawn**
1351 S. Washington
Ave., 321-267-2137

**Gentiva Health
Services**
8247 Devereux Drive,
Suite 103, Viera
321-403-6471

**GoGi Hicks ERA
Showcase Realtor**
2755 Barna Ave.
321-271-1766

**GTD Computer and
Network Services**
214 Brevard St.
321-567-4971

Hands Above LLC
4525 S. Hopkins Ave.
321-567-4932

Hidden Potentials
5650 S. Washington
Ave., 321-267-6318

**Home Aide of
Brevard Inc.**
4898 Mildred Court
321-480-7369

**Jazzercise
(North Brevard)**
321-264-1176

**Jus Cowland
Photography**
juscowlandphotog
raphy.com
321-243-9298

**Kloiber's Cobbler
and Bakery**
337 S. Washington
Ave., 321-383-0689

**LaCita Country
Club**
777 Country Club
Drive, 321-383-5313

LaCita Realty Inc.
118 Country Club Drive
321-385-3121

**Ladies Workout
Express**
1929 Knox McRae
Drive, 321-268-5234

Lia Sophia Jewelry
321-544-1330

Life Coach Gerri
407-921-7268

**Living Well
Acupuncture**
1905 Knox McRae
Drive, 321-268-9433

**Make-It Take-It
Meals**
3659 S. Hopkins Ave.
321-264-0034

**Mary Kay Cosmetics,
Cherise Czaban**
321-633-0501

**Mary Kay Cosmetics,
Cara Starkey**
321-289-3149

Merle Norman
3045 Columbia Blvd.
321-383-7474

Moon Fairy Glass
moonfairyglass.com
321-298-0404

**Mr. Submarine
and Salads Inc.**
2400 S. Hopkins Ave.
321-383-1616

O'Keefe Agency
751 S. Washington Ave.
321-473-4083

**Riverside Bank,
Janet Cathy**
201 Cheney Highway
321-269-6002

**Sandi Scott
Agency Inc.**
4356 S. Washington
Ave., 321-267-1656

**SCB Media
Groups, Space
Coast Business
and Space Coast
Living Magazines**
321-917-2198

Sears Portrait Studio
3550 S. Washington
Ave., 321-268-9248

**Season Tickets
Boutique**
301 Brevard Ave., Cocoa
Village, 321-690-1919

**Sheri Booher/
SeneGence,
International
Cosmetics and
Bodycare**
6249 Sleepy Hollow
Drive, 321-258-2480

**Silpada Design
Jewelry**
321-453-0649

Southern Sass
321-536-9577

**Space Coast
Services**
P.O. Box 3124
321-289-5021

**SPCA of North
Brevard**
455 Cheney Highway
321-289-9555

**Strategies for
Success
(Life Coaching)**
300 S. Washington
Ave., 321-264-3998

Tenacious Tan
1195 LaFair St.
321-632-8267

The Scrub Man
350 N. Washington
Ave., 321-750-7793

**Washington
Mutual**
2700 S. Washington
Ave., 321-267-3604



*To Make
This List*

**Parrish Medical
Center invites all
interested busi-
nesses to join the
movement and
become Spirit
partners. Call 321-
268-6110 for more
information.**



Healthy Living

Good News for Your Family's Health

As a Spirit of Women member, you get health news that's all about you. But our world changes so quickly that keeping up on the latest local and national health news for the rest of your family can be daunting. That's why Parrish Medical Center (PMC) will do it for you. Whether it is a health bulletin, news about PMC or medical announcements, count on us to get it to you fast with HealthBridge.

The best part is that HealthBridge is tailored to your lifestyle, so you will receive:

- Information you want, such as women's health, weight control, diabetes and blood pressure
- Communication when you want it: daily, weekly, monthly, quarterly
- Information the way you want it: mail, e-mail, Facebook, Twitter, text message

As a HealthBridge member, you will get access to:

- Regular updates with tips for better living, event reminders, checklists and other tools
- News alerts including as-needed reminders about events, appointments and breaking news

Invitations to join HealthBridge were e-mailed to Spirit of Women members late last year, but if you didn't get one or you accidentally deleted it, just call PMC at **321-268-6110** to get started.



Well-Balanced Citrus Salad

Citrus fruits are high in antioxidants that may help reduce your risk of heart disease. So pucker up!

Ingredients

- 1 small navel orange
- 1 small pink grapefruit
- 4 c. bagged salad, mixed baby greens
- 1 small red onion, thinly sliced
- ¼ c. orange juice
- 1½ tsp. orange marmalade, preferably reduced-sugar
- ½ tsp. canola oil
- ⅛ tsp. each salt and pepper

Directions

1. Peel orange and grapefruit and separate into segments. Cut

each segment into bite-size pieces and place in large salad bowl. Add greens and onion slices and toss gently, but well.

2. Combine orange juice and marmalade in a cup. Stir to dissolve marmalade. Add oil, salt and pepper. Pour over salad just before serving. Toss gently, but well.

Nutritional Information

Makes 4 (1½ c.) servings. Each has: 95 calories, 2 g total fat, 2 g protein, 18.5 g carbohydrates, 75 mg sodium, 1.5 g dietary fiber.

Community Calendar

Your Health

New Baby Day Camp

For big brothers and sisters. Bring a plain T-shirt for each child participating and a plain-colored "onesie" for the new baby. Preregistration required.

Where: PMC Conference Center

Cost: Free

Call: 321-268-6790 for dates and times



Day of Dance

Join us for this signature Spirit of Women community event. Enjoy an exciting day filled with dancing, games, music, health screenings and lots of prizes. Spirit of Women members will receive a special gift at the members tent. Look for the bind-in card in the spring issue of *Vim & Vigor*—you'll find your dance card for Day of Dance. Bring it with you to keep track of your health screenings as you visit the PMC healthy living tables.

When: Saturday, Feb. 27, 11 a.m. to 3 p.m.

Where: Sandpoint Park, Titusville

Cost: Free

Info: Go to parrishmed.com/programs_services/womens_sow.cfm to see photos and a video from the 2009 Day of Dance

Get More

Check for updates and events on Parrish Medical Center's online calendar at parrishmed.com/calendar.



3 Steps to a Smarter Workout

Just 30 minutes of moderate-intensity activity five days a week cuts your overall risk of mortality by 55 percent.

1. Start slow. The biggest danger of going gung-ho on fitness might not be physical but psychological. If you take on too much, too fast, you'll burn out. Integrate exercise in a way that makes sense for your schedule and your lifestyle.

2. Pace yourself. Jumping into vigorous exercise without warming up is also dangerous. Allow several minutes at the beginning of each session to warm up—walk before you run, or do leg bends and arm circles. Get your blood pumping a little, which reduces stress on the heart and your chances of pulling a muscle.

3. Cool it. Don't forget to leave time to cool down afterward. Stretching is effective. Although there's scant scientific evidence that doing it actually reduces your risk of injury, fitness buffs say it staves off soreness. In any case, it improves flexibility and range of motion—big pluses, especially the older you are.