

TIPS FOR HEALTHY HOLIDAY EATING

Preventing weight gain is easier than losing those pesky pounds. A typical Thanksgiving dinner may be 2,000 calories or more.

- Approach the holidays with a gameplan of how to eat and exercise.
- Focus on the healthiest foods and eat those items first.
- Don't let a single detour turn into a full derailment.



NOVEMBER 2024

Health & Wellness Newsletter

According to the [World Health Organization](https://www.who.int) about 422 million people worldwide have diabetes.

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood sugar. Over time this can lead to serious damage to the heart, blood vessels, eyes, kidneys and nerves.



The most common type in adults is type 2 diabetes where the body becomes resistant to insulin or doesn't make enough insulin. Type 1, also known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin by itself. Easy access to basic diagnostics, such as blood glucose testing can be used to determine blood sugar levels. Patients will need periodic specialist assessment or treatment for complications.

For people living with diabetes, access to affordable treatment, including insulin, is critical to their survival. Patients will need periodic specialist assessment or treatment for complications

For more information go to: www.who.int.

WHAT'S HAPPENING IN FREEPORT

11th Annual Bayfest Celebration

November 2, 2024

9am-4pm

112 Hwy 20 West

Freeport Night Out

November 16, 2024

4pm-8pm

Props Brewery Hammock Bay

Thanksgiving Day

Thursday, November 28, 2024

Holiday Bazaar Alaqua

Animal Refuge

December 7, 2024

11am-4pm

Rotary



Club of Niceville-Valparaiso

Meets 2nd and 4th Monday each month

A Bluewater Taproom

2000 Bluewater Blvd.

Niceville, FL 32578

<https://www.nicevillevalparaisorotary.org>



SHOP • EAT • LIVE
LOCAL

NUTRITION



FITNESS



Fitness Boot Camp
(850) 401-9539
48 Commerce Lane, Suite 6

WELLNESS

GRAND OPENING

You're invited to the Grand Opening party that marks the beginning of our exciting journey to make Walton County the FITTEST in all of Florida!

SATURDAY,
NOVEMBER 9, 2024
2PM - 4PM
48 COMMERCE LN, UNIT #6
FREEPORT, FL 32439

Door Prizes, Raffles,
Food, Drinks, Demos, and
so much more!

@theyogagardencollective



Northwest Florida Lupus



nwflupus



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www.nwflupus.org



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SUPPORTING THE LUPUS FOUNDATION OF AMERICA

3rd Annual Bay Area HEALTH & WELLNESS EXPO

Join us as we celebrate health in our community!

Saturday, May 3, 2025
10am – 2pm

Props Brewery Hammock Bay
1799 Great Hammock Bend, Freeport



LIVING WITH LUPUS

Living with lupus is almost like learning a new language. With time and practice, you can learn how to read your symptoms and better understand what your body is telling you. Living with lupus involves having strategies.

LET'S
TALK
ABOUT

1. **Arm yourself with knowledge**- learn about the disease
2. **Seek out support** – find a support system
3. **Be UV-aware** – protect yourself from sunlight
4. **Don't stop moving** – stay active
5. **Manage stress and embrace rest** – balance activity and rest
6. **Adopt healthy eating habits** – maintain a nutritious diet
7. **Mind your heart** – take care of your cardiovascular health
8. **Become your own health advocate** – work closely with your healthcare provider



FREEPORT Night Out

A Night of Community

Props Brewery Hammock Bay
November 16 4:00-8:00

VENDOR & EVENT SPONSORSHIPS AVAILABLE!

For more information, please email events@thefma.online
ALL PROCEEDS BENEFIT VFW POST 4437