

# JUNE IS ALZHEIMER'S AND BRIAN AWARENESS MONTH



**WE ARE PROUD TO ANNOUNCE  
THE NEWEST ADDITION TO THE  
METROHEALTH EXPERIENCE**



In a groundbreaking collaboration, Metro Health and K2 Medical Research have announced the launch of K2 Metro, a venture set to revolutionize healthcare in Holly Hill by integrating clinical research into everyday medical practice. This partnership comes at a poignant time as June marks Alzheimer's & Brain Awareness Month, a period dedicated to raising awareness about Alzheimer's disease and other dementias. K2 Metro aims to demystify clinical research and make it more accessible to the general public. By embedding clinical trials into routine healthcare, K2 Metro seeks to reduce stigma and encourage participation in cutting-edge medical research. This initiative is particularly timely, given the increasing prevalence of Alzheimer's disease and the urgent need for advancements in treatment and care.

## JUNE 2024 NEWSLETTER

### SPECIAL EVENT



MARK YOUR CALENDARS AND JOIN US FOR A SPECIAL TALK IN RECOGNITION OF ALZHEIMER'S AND BRIAN AWARENESS MONTH.

**GTC 101: ALZHEIMER'S AWARENESS**

WE WILL DISCUSS STRATEGIES TO TAKE PREVENTATIVE ACTION, RESOURCES FOR CAREGIVERS, AND TREATMENT OPTIONS AVAILABLE IN OUR COMMUNITY. LIGHT REFRESHMENTS PROVIDED.

**JUNE 24 2024 | 11:00 AM - 12:00 PM**

**METRO HEALTH OF APOPKA**  
701 SOUTH ORANGE BLOSSOM TRAIL APOPKA, FL

FIRST 10 PEOPLE TO REGISTER RECEIVE A FREE GIFT.

**CALL NOW TO RSVP**  
**407-803-4622**

ENROLLED IN MEDICARE?  
ASK HOW YOU CAN GET A  
PUBLIX GIFT CARD.

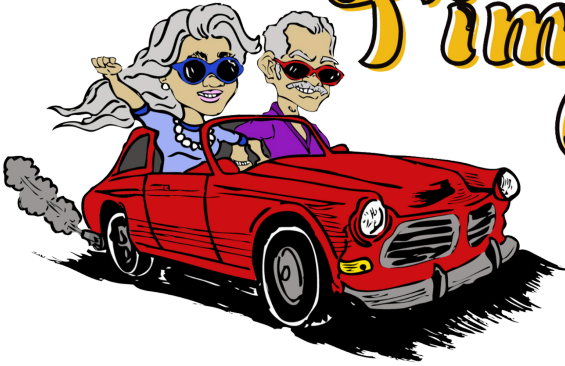




**JUNE  
UPCOMING  
EVENTS**



# Golden Timers Club



JOIN NOW AND RSVP AT  
[GOLDENTIMERSCLUB.COM](http://GOLDENTIMERSCLUB.COM)



## GTC ACTIVITY DAYS AT METRO HEALTH



**JUNE 10 2024**

**JUNE 24 2024**

### FEATURED UPCOMING EVENTS

**FATHER'S DAY BINGO!**  
Light refreshments, fun, and prizes  
**JUNE 10 2024**  
12:00 - 1:30PM  
Holly Hill Family YMCA  
1046 Daytona Ave, Holly Hill, FL

**SIGN UP AT FRONT DESK OR CALL 407-349-8155**

COME MEET METROHEALTH TEAM AND HELP CELEBRATE THE FATHERS FOR FATHER'S DAY. ALL SENIORS ARE WELCOMED.

**FREE CLASS!**  
**MyPlate Healthy Tips**  
Come join us to learn about creating a healthy plate.

**What you'll learn**

- ✓ Planning Healthy Meals
- ✓ Reading Nutrition Labels
- ✓ Eating the 5 food groups
- ✓ Healthy Beverage Choices

**Class information**  
Date: 6/25/2024  
Time: 1:00-1:40 pm  
Metro Health of Apopka  
701 South Orange Blossom Trail, Apopka, FL 32703  
Call now to RSVP 407-803-4622  
A light snack will be provided!

**Golden Timers Club BINGO!**  
**JUNE 13 2024**  
11:00AM - 12:00PM  
JOIN OUR GTC CLUB FOR A RAFFLE ENTRY!  
3 CONVENIENT LOCATIONS

- MetroHealth of Apopka  
701 South Orange Blossom Trail Apopka, FL
- MetroHealth of East Orlando  
10025 East Colonial Drive Orlando, FL
- MetroHealth of MetroWest  
6150 MetroWest Blvd, Suite 307 Orlando, FL

**CALL NOW TO RSVP 407-803-4622**