

MARCH 2026 NEWSLETTER



GET MOVING AND MOTIVATED IN MARCH!



March is National Nutrition Month, a time dedicated to encouraging healthier food choices and promoting habits that support overall well-being. Good nutrition is one of the most powerful tools we have to maintain energy, prevent chronic disease, and improve quality of life—especially as we age. By making mindful, balanced choices, we can build a healthier future for ourselves and strengthen our communities at the same time.

Building a Balanced Plate

One simple way to improve nutrition is to focus on building a balanced plate at each meal. Aim to include:

Fruits and Vegetables: Rich in vitamins, minerals, and fiber, fruits and vegetables support immune function, digestion, and heart health.

Whole Grains: Whole grains such as brown rice, oatmeal, and whole wheat bread provide sustained energy and support digestive health.

Lean Proteins: Choose lean sources like fish, poultry, beans, and legumes to help maintain muscle strength and support overall body function.

Healthy Fats: Incorporate heart-healthy fats from sources like olive oil, nuts, seeds, and avocados.

Hydration: Staying hydrated is just as important as eating well. Water supports circulation, digestion, and cognitive function.

Join Us for Nutrition Classes at MetroHealth!

In celebration of National Nutrition Month, MetroHealth is offering FREE Nutrition Classes throughout March at our Apopka and East Orlando locations. These classes will provide practical tips on meal planning, label reading, and making healthier food choices.

Upcoming Nutrition Class:

**MetroHealth of East Orlando –
March 16, 2022 | 12:30 – 1:00 PM**

Call 407-803-4622 to reserve your spot.



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701 South Orange Blossom Trail Apopka, FL 32703

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 ZUMBA AT 10 AM	4  K2 MEDICAL RESEARCH MEMORY SCREENINGS	5 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	6
9	10 ZUMBA AT 10 AM CRAFTY CORNER AT 12PM	11	12 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	13
16	17 ZUMBA AT 10 AM	18	19 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	20
23	24 ZUMBA AT 10 AM	25 PROMISE SEEDS INITIATIVES INTERNATIONAL SNACK AND LEARN: CAREGIVER SERVICES AT 10:30AM	26 SILVER SNEAKERS TAI CHI/QIGONG AT 9:30AM	27
30	31 ZUMBA AT 10 AM	 <p>NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!</p>		

10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 !!NEW CLASS!! TAI CHI/QIGONG AT 11AM	3 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	4 !!NEW CLASS!! ZUMBA AT 10 AM	5 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	6 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
9 TAI CHI/QIGONG AT 11AM	10 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	11 ZUMBA AT 10 AM	12 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	13 CHAIR YOGA AT 10AM LINE DANCING AT 11AM CRAFTY CORNER AT 1PM
16 TAI CHI/QIGONG  Second Harvest FOOD BANK NUTRITION CLASS AT 12:30PM	17 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	18  K2 MEDICAL RESEARCH MEMORY SCREENINGS ZUMBA AT 10 AM	19 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	20 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
23 TAI CHI/QIGONG AT 11AM	24 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	25 ZUMBA AT 10 AM	26 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	27 CHAIR YOGA AT 10:00 AM LINE DANCING AT 11AM
30 TAI CHI/QIGONG AT 11AM	31 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11:00 AM	 <p>NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!</p>  <p>WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS</p>		