

Breathe Easy: What You Need to Know About Lung Health**Tuesday, November 3 | 5:30 – 6:30 p.m.**

Take a deep breath and discover how to keep your lungs working their best. This informative program will explore asthma and COPD, signs and symptoms you shouldn't ignore, and today's approaches to managing chronic lung conditions. You'll also learn about lung cancer screenings, who may benefit and why early detection matters. Gain practical information to help you protect your lungs, breathe easier and live well.

Featuring Michael Marsh, MD, Pulmonologist and Alnardo Lora, MD, Pulmonologist

Location: Jupiter Medical Center, Raso Education Center, 1226 S. Old Dixie Hwy., Jupiter

Mended Hearts: Mindful Movement**Tuesday, November 10 | 2 – 3 p.m.**

Mindfulness practices can help improve heart health by reducing stress, improving sleep, and helping people manage chronic conditions. Join us and learn meditation, breath practice, chair yoga and other mindfulness practices that you can easily incorporate into your daily life.

Featuring Sheila Griffin, MPA, RYT 500-hour, CHWC, Certified Yoga4Cancer Instructor, Certified Mindfulness-Based Stress Reduction Instructor

Location: Jupiter Medical Center, Raso Education Center, 1226 S. Old Dixie Hwy., Jupiter

Keeping Your Brain Fit for Life**Thursday, November 12 | 5:30 – 6:30 p.m.**

Join us for an insightful talk as we explore the latest research on brain fitness. Learn why physical exercise remains one of the most powerful tools for cognitive health as it compares to other popular "brain-boosting" strategies and cutting-edge research taking place in this field.

Featuring Alexandra Paz, Ph.D., Nicholson Stiles Brain Institute at Florida Atlantic University

Location: Jupiter Medical Center, The Anderson Family Cancer Institute Auditorium, 1240 S. Old Dixie Hwy., Jupiter

Progress & Possibilities: What's New in Pancreatic Cancer Care**Wednesday, November 18 | 2 – 3 p.m.**

Discover how advances in pancreatic cancer treatment are creating new possibilities for patients. Our expert will discuss the latest approaches to care, from robotic-assisted surgery and advances in chemotherapy to personalized treatment planning. Learn how these innovations are changing the way pancreatic cancer is treated and contributing to better outcomes.

Featuring Shanel Bhagwandin, DO, FACS, MPH, Medical Director, Gastrointestinal Surgical Oncology and Director National Pancreas Foundation Pancreatic Cancer Center of Excellence

Location: Jupiter Medical Center, Raso Education Center, 1226 S. Old Dixie Hwy., Jupiter