

# Health Notes

t and music. No experience necessary. Reservations provided. For more information, call (386) 427-1234.

## Light Support Group

Health Hospice is offering a new pregnancy and postpartum support group called Wave of Light. This group is for anyone who has experienced infant or child loss during pregnancy up to 20 weeks of age and is looking for support. The group will meet at 10 a.m. at New Smyrna Beach Center at First Presbyterian Church of New Smyrna Beach, 509 Magnolia St. Dates and times are still being determined.

For more information call (386) 427-1234 or fax Health - Hospice Support department at (386) 427-1234.

## Perinatal Losses' Mental Health Counseling Services

Perinatal Losses Northeast Central Florida has mental health counseling services. They can help with behavioral issues, grief, coping skills, processing, social difficulties, adapting to change, depression, anxiety, family issues and more. Perinatal Losses has age-appropriate counseling with services for ages 6 and older, no waitlist, an evidence-based approach, and an inclusive environment. For more information, call (386) 427-1234.

## Al-Anon

Al-Anon Family Group for friends and family of alcoholics will meet from 10:30 to 11:30 a.m. Mondays at First

Presbyterian Church, 509 Magnolia St., New Smyrna Beach.

Al-Anon also offers numerous daily meetings in Volusia County.

For more information, call (904) 315-0233, (888) 425-2666 or visit AFGArea9.org.

## 12 Step recovery meetings

12-step recovery meetings are offered at noon and 5:30 p.m. daily at Rebo's Club, 2325 S. Ridgewood Ave., Edgewater.

Meeting times and spaces are available for other recovery groups.

For more information, email rebo'srecovery2325@gmail.com.

## Celebrate Recovery

Celebrate Recovery, a Christ-centered, 12-step recovery program for anyone with hurts and harmful habits, has meetings throughout the area.

•6:30-8:30 p.m. Mondays at Oak Hill Church of the Nazarene, 480 N. US-1. Childcare is available. For more information, call (321) 508-4908, (321) 508-4796 or email padretim@cfl.rr.com.

•6-8 p.m. Tuesdays at Beachside Baptist Church, 629 South Pine St., New Smyrna Beach. For more information, call (847) 609-3170, (386) 428-4452 or email info@beachsidebaptist.com.

•Women meet 6-8 p.m. Thursdays at First Presbyterian Church, 509 Magnolia St., New Smyrna Beach. For more information, call (407) 314-6740 or email pcibbotts@gmail.com.

•Men meet 7-9 p.m. Thursdays at Glencoe Baptist Church, 196 N. Glencoe Road, New Smyrna Beach. For more information, call (386) 428-9854 or email coverdale@cfl.rr.com.

## Co-dependent Anonymous

Co-dependent Anonymous will meet from 7 to 8 p.m. Mondays at United Church of Christ, 203 Washington St., New Smyrna Beach.

For more information, call (386) 402-8470 and leave a message.

## Wellness Programs for Seniors

Northeast Florida AHEC offers free Wellness Programs for Seniors.

Programs cover fall prevention, diabetes, nutrition, physical activity, Tai Chi, living healthy, pain management and caregivers. Classes are offered online, by phone and in person.

For more information or to register, call (904) 482-0189.

## Quit smoking classes

Northeast Florida AHEC offers free virtual and in-person tobacco cessation classes.

A variety of class options are available, call to find one that fits your schedule. Get a free four-week supply of nicotine patches, gum and lozenges.

For more information or to register, call (904) 482-0189.

## AA meetings

Alcoholics Anonymous offers meetings in all of Volusia County.

For more information, call (386) 756-2930 or visit aadaytona.org.

## Overeaters Anonymous

Overeaters Anonymous helps with eating problems in Volusia County through a 12-step recovery program.

For more information or to find a program, call (505) 891-2664 or visit oa.org.

# Happy birthday

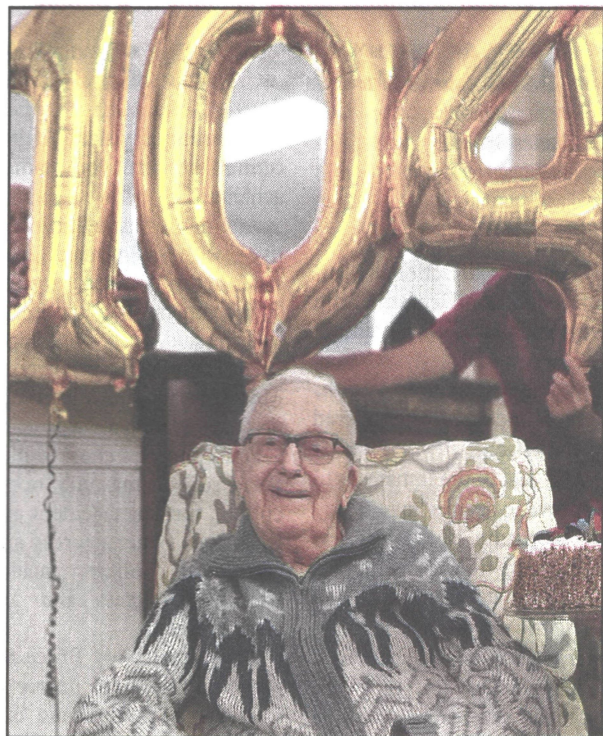


Photo courtesy of Crown Assisted Living Facility

Bennie Trzinski celebrated his 104th birthday on Feb. 1. He was surrounded by his friends at Crown Assisted Living. Born in New York in 1920, Mr. Trzinski's entry into the world was premature, and his father harbored little hope for his survival. At his birthday celebration, Mr. Trzinski danced, embodying the spirit of resilience and joy that defines his character. His unwavering positivity and ability to find joy in every moment.

## Blossoming Love

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