

Sarasota Memorial HealthSquare Wellness Walks



Speaker Schedule

Saturday, February 1 • 10am

Fitness is Fun! - Kayla Frimmel, HealthFit Exercise Physiology Consultant

Saturday, February 8 • 10am

Injury Prevention in Sports/Play - Jared Zimmerman, ACSM, HealthFit Exercise Specialist

Saturday, February 15 • 10am

Stroke symptoms and tips to keeping a healthy heart - Jill Garrett, ARNP

Saturday, February 22 • 10am

Stress Management - Joanna Nicolaidis, HealthFit Certified Personal Trainer

Tuesday, February 25 • 10am

(Bonus Talk!) – Healthy Eating 101 - Jill Edwards, MS, CES

Saturday, March 1 • 10am

The Benefits of Laughter - Maggi Tabano, ARNP

Followed by Feb. 25 recorded session: Healthy Eating 101 - Jill Edwards, MS, CES

Wednesday, March 5 • 10am

(Bonus Talk!) – Get the Most Out of Your Exercise Routine - Paul Lento, MD

Saturday, March 8 • 9:30am

Foot and Ankle Pain: New Procedures and Treatments - Brian Rell, DPM, FACFAS

For more information visit www.smh.com/wellnesswalks or call HealthSquare at (941) 302-4271.