

HealthFit presents

# The Power of Medically Integrated Fitness



As the region's only Certified Medical Fitness Facility, **HealthFit** is proud to lead this growing national trend to provide smarter, safer fitness. Discover **The Power of Medically Integrated Fitness (MIF)** at our free, interactive symposium. Hear from our experts and get powered up at **15 MIF stations!**

Time	Topic/Speaker
8:30 - 9am	<b>Check In &amp; Coffee</b>
9 - 9:30am	<b>Welcome to a Smarter, Safer Fitness Experience</b> Kayla Frimmel, HealthFit Operations Manager <b>Core Competency: Why Core Strength Matters So Much</b> Doug Sham, Certified Personal Trainer
9:30 - 10am	<b>The Brain-Body Fitness Connection</b> Carisa Campanella, Program Manager, Neuro Challenge
10 - 10:30am	<b>Break - Visit 15 Medically Integrated stations. Sample Free Healthy Bites</b>
10:30 - 11am	<b>How Does Your Wellness Wheel Roll?</b> Catrina Liott, Certified Wellness Coach and Certified Personal Trainer
11 - 11:30am	<b>Eat More, Weigh Less? Oh Yes!</b> Kathleen Namolik, Registered Dietitian
11:30am - 12pm	<b>How Does HealthFit You?</b> Enjoy a complimentary tour!

**Parking is free, but space is limited. Please call (941) 917-7000 by Thursday, January 24 to confirm your attendance.**

Extended Hours for Your Convenience: Mon-Fri 5am - 10pm | Sat-Sun 7am - 7pm

5880 Rand Blvd., (off Clark Road) Sarasota, FL 34238 | (941) 917-7000 | [smhfit.com](http://smhfit.com)

**Saturday, Jan. 26**  
**8:30am - 12pm**

## Info & Giveaways at 15 MIF stations!

- ▶ **Healthy Hearts**
- ▶ **Bone Builders**
- ▶ **Wellness Coaching**
- ▶ **Personal Training**
- ▶ **Ornish Program**
- ▶ **InBalance**
- ▶ **Fitness Forward (Stroke)**
- ▶ **Big Strides (Parkinson's)**
- ▶ **Cardiac Rehab**
- ▶ **And more!**

**HEALTH FIT**

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