

# 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!**

**SATURDAY  
JANUARY 25  
8:30am - 12pm**

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>Building Balance: Basics of Fall Prevention</b> Doug Sham, Certified Personal Trainer
9:30 - 10am	<b>Spine Savers: Understanding and Improving Back Pain</b> Lauren Elford, Certified Pilates Instructor and Grant Wortz, Physical Therapist
10 - 10:30am	<b>Break - Visit 15 Medically Integrated stations. Sample Free Healthy Bites.</b>
10:30 - 11am	<b>Growing Younger: How to Improve Your Functional Age</b> Carisa Campanella, Certified Functional Aging Specialist
11 - 11:30am	<b>Metabolism Myths Busted</b> Ariel Faulkner, Registered Dietitian
11:30am - 12pm	<b>How Does HealthFit You?</b> Enjoy a complimentary tour!

- 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!

**Parking is free, but space is limited. Please call (941) 917-7000 by Thursday, January 23 to confirm your attendance.**

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

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

