

HEALTH & FITNESS SYMPOSIUM

SATURDAY, NOVEMBER 15 • 9AM – 1PM

Join us and learn about Health and Fitness from the professionals at HealthFit.

This free community event will provide four, half-hour presentations covering a variety of topics to help you stay healthy and fit as you age. Health and wellness vendors will be available throughout the day.

SYMPOSIUM PRESENTATIONS



Dr. Papuchis, DO
Muscle and Movement:
Strength, Balance, and Being
Your Best as We Age



Jordan Colbert, MPH, RDN
Eat Well, Live Well:
The Basics of Nutrition



Lynn Anderson, MOT
Proactive Aging



Shalaine McLaughlin, cGFI
Top Contraindicated Exercises

**MONTHLY AND ANNUAL
MEMBERSHIPS AVAILABLE**

**BONUS: ATTENDEES
PAY NO INITIATION FEES!**

HEALTH FIT

POWERED BY SARASOTA MEMORIAL

REGISTER: Call (941) 917-7000 Option 1

5880 Rand Blvd., Sarasota, FL 34238 • smhfit.com