

HealthConnection – Sarasota

August 2026



Join Sarasota Memorial's physicians and healthcare professionals in HealthConnection. Located on the hospital's first floor, HealthConnection is a welcoming community space that offers informative health and wellness events.

Understanding Hypertension: Know Your Numbers

Tuesday, August 11th | 2:30-3:30 pm

High blood pressure often develops without noticeable symptoms. It's important to understand your numbers and what it means for your health. Know your risk and discover practical lifestyle and treatment strategies to help prevent, manage, and reduce complications. **RSVP requested.**

Hands-Only CPR + AED Training

Thursday, August 13th | 9:30-10:30 am

Join the experts at SMH to learn two life-saving skills: hands-only CPR and how to use an AED, or automated external defibrillator. After this training, you'll not only be able to recognize cardiac arrest in the moment but also know how to respond quickly. "Stop The Bleed Training" is also recommended. ****This course is not for certification purposes. RSVP required.**

Stop The Bleed Training

Thursday, August 13th | 11:00 am-12:00 pm

In the event of an emergency, would you be able to help? In this class you will learn from a Sarasota Memorial Trauma Expert about how to recognize a life-threatening bleed and how to intervene effectively. "Hands-Only CPR + AED Training" is also recommended. **RSVP required.**

Personal Fall Risk Assessment

Thursday, August 20th | 9:30-10:30 am

Know your risk! Join HealthConnection to learn about fall risk reduction. We will provide accurate and individualized balance and fall risk assessments for each participant. Attendees will receive a copy of their personal fall risk assessment results, as well as recommendations for risk reduction. **RSVP required.**

Fatty Liver: Let's Review the Facts

Wednesday, August 26th | 2:00-3:00 pm

What is Fatty Liver and why is it becoming more common? Learn about the risk factors, causes, and potential health effects. Take away simple lifestyle changes that can help protect and improve your liver health. **RSVP requested.**

Recurring Events

Mini Melodies

August 3rd | 12:30-1:30 pm

August 17th | 12:30-1:30 pm

Sessions are thoughtfully designed to support early childhood development through singing, rhythm, movement, and hands-on instrument play while fostering connection, routine, and joyful bonding between caregiver and child. ****For caregivers & children ages 0-4.**

Tai Chi-Inspired Group

Exercise

August 4th | 10:30-11:30 am

August 18th | 10:30-11:30 am

Join us for a Tai Chi-inspired exercise and movement class. Learn tips for improving balance, flexibility, and concentration.

RSVP required.

Mom-Baby Support Group

Every Tuesday | 12:30-1:30 pm

Whether you're a new mom or a veteran, the first year after baby's arrival can be a rollercoaster. Join us in-person for our weekly meetup to listen to others' stories, learn new tips, and connect with others on the mom journey.

Pet Paws

Every Thursday | 2:00-3:00 pm

Volunteers from the Humane Society of Sarasota share their furry canine friends of all sizes for an hour each week. Please stop by for some smiles and tail-wagging fun!

All HealthConnection events are free and open to the public. RSVP is requested, as seating is limited. Please call (941) 917-7011 or email Health-Connection@smh.com to reserve a seat or for more information.

Sarasota Memorial's HealthConnection – Sarasota

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