

HealthConnection – Venice

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.

Personal Fall Risk Assessment

Thursday, August 6th | 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.**

Understanding Hypertension: Know Your Numbers

Tuesday, August 11th | 10:00-11:00 am

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.**

Mind + Body Connection

Wednesday, August 19th | 11:00 am-12:00 pm

Join our SMH Health Coach, Kaytlin Bliss for an engaging class on the connection between the mind and body. This class will begin with gentle stretching and mindful breathing, followed by an educational segment, engaging brain-boosting activities, and laughter. **RSVP requested.**

Fatty Liver: Let's Review the Facts

Wednesday, August 26th | 10:00-11:00 am

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.**

Pet Paws

Every Tuesday | 1:00-2:00 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! **No RSVP needed!**

Recurring Events

SMH-Venice Breast Network & Education Group

**Every Second Thursday
4:00-5:30 pm**

This monthly meeting offers peer support for breast cancer warriors and breast cancer survivors. For more information or to register for this group, please call 941-262-8250 or email Michelle-Gould@smh.com.

SMH-Venice Respiratory Network & Education Group

**Every Third Monday
1:00-2:00 pm**

This monthly meeting provides community support for people living with respiratory conditions. For more information or to register for this group, please call 941-261-1849 or email MaryAnn-DeHaven@smh.com.

SMH-Venice Parkinson/Stroke Network & Education Group

**Every Third Wednesday
1:00-2:00 pm**

This monthly meeting provides people living with a neurological disorder, from Parkinson's disease and stroke to traumatic brain injury and more. For more information or to register for this group, please call 941-917-4156 or email Kery-Helmer@smh.com.

All HealthConnection events are free and open to the public. RSVP is requested, as seating is limited. Please call (941) 261-7011 or email Health-Connection-Venice@smh.com to reserve a seat or for more information.

Sarasota Memorial's HealthConnection – Venice

2600 Laurel Road E., North Venice, FL 34275-3226

Health-Connection-Venice@smh.com • (941) 261-7011

