



HEALTHFIT PRESENTS

FREE MONTHLY EDUCATION SERIES

HealthFit is a medically-oriented fitness center that combines the amenities and services of an upscale health club with the knowledge and expertise of one of the nation’s top hospitals. In addition to providing group classes and personal instruction through our team of licensed trainers and exercise physiologists, the center also hosts monthly presentations covering a variety of health and wellness topics and led by experts in their fields.

UPCOMING EVENTS



JOIN US AND LEARN MORE ABOUT LIVING HEALTHY AND FIT.

August 3rd 1- 2 pm	September 21st 1:30 - 2:30pm	October 5th 1- 2 pm	November 2nd 1- 2 pm
Nicole Goldstein, MOTR/L Stroke Across the Continuum: Signs, Treatment, and Advances in Recovery (Vivistim)	Susan Davis-DiMeo, OTR/L, NSCA-CPT Pilates for Preparation of the Centenarian Decathlon	Steven Pappuchis, DO Breast Cancer Rehabilitation	Lynn Anderson, OTR/L Healthy Aging - A Holistic Approach

Due to limited capacity, RSVP is required. Reserve your space by phone at (941) 917-7000, Option 1.



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