

HealthConnection – Sarasota

September 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.

Tai Chi-Inspired Group Exercise

Tuesday, September 1st | 10:30-11:30 am

Tuesday, September 15th | 10:30-11:30 am

Join us for a Tai Chi-inspired exercise and movement class. Classes are led by a SMH Physical Therapy Assistant and Certified Cancer Exercise Specialist. Learn tips for improving balance, flexibility, and concentration. **RSVP required.**

Food as Medicine:

Nutrition for Cancer Prevention & Survivorship

Wednesday, September 2nd | 10:00-11:00 am

Learn how nutrition supports cancer prevention and survivorship through the latest research. Discover practical, evidence-based nutrition and lifestyle strategies, along with actionable tips to help you make informed choices and have productive conversations with your healthcare team. **RSVP requested.**

Fall Prevention Education + Screening

Thursday, September 10th | 10:30-11:45 am

Falls are among the most common causes of injury for older adults. Learn how to prevent falls with advice from Sarasota Memorial Hospital's Rehabilitation team! Receive a free balance screening.

RSVP required.

MyChart 101: Mastering the Basics

Sessions September through November

In each of these sessions, we will show you how to set up a MyChart account, view test results and visit summaries, schedule and manage appointments, message care teams, manage medications, check-in before appointments, access medical records, and more. **RSVP required.**

Recurring Events

Mini Melodies

Monday, September 21st

12:30-1:30 pm

Join us for music, movement, and meaningful moments in a relaxed, safe, and supportive environment. 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 and children ages 0-4. No 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

1700 S. Tamiami Trail, Sarasota, FL 34239

Health-Connection@smh.com • (941) 917-7011

