

HealthConnection – Venice

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.

Food as Medicine:

Nutrition for Cancer Prevention & Survivorship

Wednesday, September 2nd | 2:00-3:00 pm

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.**

Hands-Only CPR + AED Training

Thursday, September 10th | 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, September 10th | 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.**

Fall Prevention Education + Screening

Thursday, September 17th | 2:00-3:00 pm

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.**

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!**

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

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 941-261-3623 or email Alexander-Modery@smh.com.

SMH-Venice Parkinson/Stroke Network & Education Group

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

This monthly meeting provides peer support for those 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

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