

## SOLUTIONS FOR RESOLUTIONS SCHEDULE

\*Please Call to Reserve Your Seat. Descriptions of Sessions on 2<sup>nd</sup> Page  
 All Sessions Will Be Held at Sarasota Memorial Healthplex Facility Classrooms  
[www.SarasotaHealthplex.com](http://www.SarasotaHealthplex.com)

JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 (10:30am-11am) "Turn Back the Clock- Anti Aging Strategies with a Focus on Diet" Presented by: Jill Edwards, MS, ACSM CES	4 (1pm-2pm) "Secrets to Weight Loss" Presented by: Joanna Nicolaides, BS, ACE-cPT	5	6
9	10 (10:30am-11am) "Heart Healthy Eating" Presented by: Jill Edwards, MS, ACSM CES	11 (12pm-1pm) "Stretch Out in the New Year" Presented by: Doug Sham, MEd, NASM-cPT	12 (9am-9:30am) "Kick Start the New Year with Lifestyle Changes" Presented by: Robin Bauer, LCSW	13
16 (10pm-11am) "Secrets to Weight Loss" Presented by: Joanna Nicolaides, BS, ACE-cPT	17 (11am-12pm) "Exercise for Bone Health" Presented by: Doug Sham, MEd, NASM-CPT	18	19 (11am-11:30am) "Balance the New Year with Vestibular Balance" Presented by: Caitlin Hambridge, PT	20
23	24 (10:30am-11am) "Cancer and the Food Connection" Presented by: Jill Edwards, MS, ACSM CES	25 (6pm-7pm) "Living with Osteoporosis" Presented by: Dr. Garner, MD	26	27 (12:30pm-1:30pm) "Healthy & Well in 2012 through Yoga & Wellness" presented by: Deniese Kragel, Wellcoach, cPT, AASDN Nutrition Manager
30	31 (10:30am-11am) "The Benefits of a Plant-based Diet" Presented by: Jill Edwards, MS, ACSM CES			

**Sarasota Memorial Healthplex**

5880 Rand Blvd. Ste. 102

Sarasota, Florida 34238

(1/2 mile west of I-75 off Clark Rd)

941-917-9000

**TURN BACK THE CLOCK – ANTI-AGING STRATEGIES WITH A FOCUS ON DIET** – Presented by: Jill Edwards, MS, ACSM CES

Find out what your bodies need to consume to keep you looking healthy and young.

**SECRET TO WEIGHT LOSS RESOLUTIONS** – Presented by: Personal Trainer/Group Exercise Coordinator Joanna Nicolaidides, BS, ACE-cPT

Learn the exercise physiology behind optimizing your body's metabolism to lose weight. Sets, reps, frequency, duration, intensity, and modes will all be discussed during this eye-opening presentation to help you attain your weight loss goals in 2012.

**HEART HEALTHY EATING** - Presented by: Jill Edwards, MS, ACSM CES

Learn how to eat right for your heart with these basic guidelines.

**STRETCH OUT IN THE NEW YEAR** – Presented by: Douglas Sham, MEd, NASM-cPT, NESTA-cPT, ASSDN Nutrition Specialist

Do you know when you should stretch? Do you know that there are different types of stretches and different times to do each one? We'll discuss the differences in popular stretching methods and find out which ones you should do.

**KICK START THE NEW YEAR WITH SUCCESSFUL LIFESTYLE CHANGES** – Presented by: Robin Bauer, LCSW, Wellcoach

If you've tried last January to fire up your lifestyle only to see it fizzle out, come to this session to find out what you've been missing. Here, we'll unlock the mystery of failed attempts to make the change in 2012 a success.

**EXERCISE FOR YOUR BONE HEALTH** – Presented by: Douglas Sham, MEd, NASM-cPT, NESTA-cPT, ASSDN Nutrition Specialist

Attend this session to learn how weight bearing exercise helps you build bone mass. We will discuss the benefits of incorporating exercise in to your plan of care for osteoporosis or osteopenia.

**BALANCE THE NEW YEAR WITH VESTIBULAR BALANCE** – Presented by: Caitlin Hambridge, Physical Therapist

Understand what vestibular balance is and how to improve it.

**CANCER AND THE FOOD CONNECTION** – Presented by: Jill Edwards, MS, ACSM CES

Learn how the foods we eat can play a part in the prevention and treatment of cancer.

**LIVING WITH OSTEOPOROSIS** – Presented by: Dr. Kyle Garner, MD

Understand the ins and outs of osteoporosis and what measures you can take to keep your bones strong.

**HEALTHY & WELL IN 2012 THROUGH YOGA AND WELLNESS** – presented by: Deniese Kragel, Wellcoach, cPT, AASDN Nutrition Manager

Yoga is not just a class to be taken for those who want to be flexible. In this session, you'll learn to find the connection between yoga, wellness, and your health.

**THE BENEFITS OF A PLANT-BASED DIET** - Presented by: Jill Edwards, MS, ACSM CES

Did you know that according to The Journal of the American Medical Association a vegetarian diet could prevent 97% of all coronary occlusions? (Article Source: <http://EzineArticles.com/6314189>) Find out how you can prevent other disease with adding a some greens to your diet.