

# Sarasota Memorial's Conversations with Experts



## ***Join Sarasota Memorial's STAR® Certified health professionals for a 3-part series at HealthSquare***

The nationally recognized, evidence-based Survivorship Training and Rehabilitation program helps cancer survivors physically and emotionally heal from the side-effects of chemotherapy, radiation, surgery or other cancer therapy. The program focuses on improving not only symptoms, but also personal wellness and quality of life through nutrition, exercise, relaxation and educational services. Join SMH professionals for this 3-part series to learn more about the program as well as some tips and techniques to survive cancer better.

**Thursday Feb 19<sup>th</sup> 11am-12pm**

***Exercise & Wellness presented by Lisa Drewitt, MS, CPT***

**Thursday, March 19<sup>th</sup>, 3-4pm**

***Balance presented by Sherry Ireland, PT, CLT***

**Tuesday, April 14<sup>th</sup>, 3-4pm**

***Nutrition presented by Laura McLeroy, RD, LD/N***

*All HealthSquare events are free and open to the public. Located adjacent to Macy's at Westfield Sarasota Square mall. RSVP requested, but not required, as seating is limited.*



**Sarasota Memorial HealthSquare**  
941-302-4271 • healthsquare@smh.com