



FREE EVENT  
TOWNSQUARE.NET

# SECOND ANNUAL HEALTH EXPO

Join **Town Square University Parkway** for their second annual **Health Expo** event off Lockwood Ridge Road and University Parkway. Guests will explore over 100 different businesses, receive health screenings, products and resources, attend up to eight different educational classes, all while taste testing some of the best chefs food in our area. **This event is FREE and open to the public to attend.**

## NOV. 9TH 10 AM - 3 PM

 REGISTER NOW



### 941-277-5048

Event Address:  
8450 Lockwood Ridge Rd.  
Sarasota, FL 34243



### EXPLORE THE VENDORS

Explore 100 different businesses that serve the community. Guests will receive free screenings, products & resources.



### SIGN UP FOR A CLASS

Education is power. Find the tools you need to stay in front of the challenges that affect this community most. Classes for caregivers and medical professionals. Full agenda listed online.



### TOP CHEF EVENT

Enjoy the food from local community partners, place your vote for this years champion.

### PLATINUM SPONSORS:



# EVENT & CLASS SCHEDULE

## 941-277-5048

FREE EVENT

**NOV 9TH**  
**10 AM - 3 PM**

TIME	TOPIC	PRESENTER	LOCATION
10 AM - 3PM	Top Chef Competition	Community Partners	Town Square Glenner Park
10 AM - 3PM	Dementia Live Experience	Linda Odom, Starr Educational Coach	Town Square Little Blue House
10:00 AM	The Future of Alzheimer's Diagnosis	Catherine McDermott, APRN	Town Square Movie Theater
10:00 AM	Benefits of Blue Zone Lifestyle	Rachel Smith, NP	Town Square Conference Room
11:30 AM	Heal Your Brain: Optimize Neurological Function	Dr. Darlene Lobel	Town Square Movie Theater
11:30 AM	Estate Planning	Jennifer J. Hensley, Esq.	Town Square Conference Room
1:00 PM	Advance Care Planning	Kelly Garrett, Partnership Specialist	Town Square Movie Theater
1:00 PM	1 CEU - Introduction to Dementia (for nurses, PT, OT and CME)	Catherine McDermott, APRN	Town Square Conference Room
2:30 PM	Orthopedic Care for Seniors	Dr. Samuel Thomas, Orthopedic Surgeon	Town Square Movie Theater
2:30 PM	1 CEU - Healthy Aging	Dr. Jeffrey Cameron	Town Square Conference Room