

February I • 9:30am-12:30pm Naples Beach Hotel

85 | Gulfshore Blvd. North • Naples

The NCH Healthcare System invites you to bring your friends and family to dance, and to hear from physicians and staff on ways to prevent cardiovascular disease and promote good joint health.

Admission Free but Registration Required:

Please call 239-552-7554.

Or register online at www.nchmd.org/DayofDance

Wear comfortable clothes to dance and move.

Presentations

(Times are approximate)

9:30 - 9:45	Warm Up and Introductions	11:10-11:35	Hip Hop, Traci Schultz,
9:45 - 10:15	"Women and Heart Disease"		NCH Wellness Centers
	Tracey Roth. MD, Interventional	11:35-12:05	"Food as Medicine"
	Cardiologist		Leslie Deason, MS, RD,
10:15-10:40	Zumba, Tania Meldonian,		von Arx Diabetes & Nutrition
	NCH Wellness Centers		Health Center
10:40-11:10	"Oh, My Aching Joints"	12:05-12:30	Tai Chi and Meditation,
	Leon Mead, MD, Orthopedic		Bobbie Lee Davenport,
	Surgeon		NCH Wellness Centers

Health Information Displays, Prizes, Blood Pressure Screenings, Light Refreshments





