



NCH

Healthcare
System

Day of Dance[®]

FOR YOUR HEALTH

February 25, 2012 • 9:30am - 1pm

Naples Beach Hotel

River of Grass Ballroom

851 Gulfshore Boulevard North, Naples • Free Valet Parking

Admission Free but Registration Required: Please call 239-552-7554.

Wear comfortable clothes to dance and move.

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.

Presentations

(Times are approximate)

9:30 – 9:50

Dance Arts by Maria

9:55-10:25

Shona Velamakanni, MD, FACC: “Know Your Heart - a Focus on Cardiac Disease & Prevention”

10:30-10:55

Zumba

11:00 – 11:30

James Scanlon, MD, FACS: “Stroke and Stroke Prevention”

11:35-11:55

Jazzercise

12:00-12:30

George Crabb, DO: “Metabolic Syndrome – X Marks the Spot”

12:30-12:35

Prizes

12:40-1:00

An Element of OMfused

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