

HEALTH AND FITNESS DAY

Wednesday, May 23, 9:30 am - 1:30 pm

Thanks to our sponsor, Fitness Day is free but please sign up at front desk.



Speakers: 9:30 am - 11:30 am

9:30 am: Stress Reduction/Heart Health

Michele Smallidge, Ed.D., R.D., WCHN

10 am: Stroke Prevention

Michele Lecardo, R.N., WCHN

10:30 am: Irritable Bowel Syndrome

Mae Tighe, M.D., Gastroenterology, WCHN

11 am: Shoulder Injuries

Daniel Fish, M.D., Orthopaedic Specialists of Connecticut

Ask the Experts: 11:30 am - 1:30 pm

- Lyme Disease Prevention
- Wellness Coaching
- Blood Pressure Screening
- Hand, Arm and Shoulder Health
- Danbury Hospital's Caregiver Center
- Injury Prevention

Fitness Activities: 11:30 am - 12:30 pm

Try bocce, balance, strength-building and workouts in the fitness garden.

Healthy Lunch: 12:30 pm