

Free Seminar: Innovations on Age Management

At the **Renewal Point's Innovations in Age Management Seminar**, you will learn about optimizing the human lifespan through: Extending parts of the chromosome - telomeres; Breakthroughs in stem cell research and joint regeneration; Detection and correction of nutritional deficiencies and hormone balancing; Toxin elimination - reducing heart disease, diabetes, and cancer risk; Altering human genomes - turning them on/off and Slowing and possibly reversing the aging and disease process. Held on **Thursday, July 25, - 6-7 p.m.**

Presented by **Dr. Dan Watts**, Founder/Director of **The Renewal Point Age Management Center**. Open to men and women. Space is limited. **RSVP to (941) 926-4905**. The Renewal Point is located at 4905 Clark Rd, Sarasota.



Free Vein Screenings

■ **Allure Medical** believes in curing advanced vein disease, not just managing its symptoms. They offer free vein screenings in their Lakewood Ranch and Venice offices, and use the latest technology and minimally invasive procedures to stop vein disease in its tracks. No need for years of pain and discomfort. Call 941-214-9412 to schedule your free screening today. Same-day or early/late appointments, available.

Sarasota Toastmasters Club 1958 Meeting

■ **Sarasota Toastmasters Club 1958** empowers individuals to become more effective communicators and leaders. They provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

This innovative and integrated strength and conditioning program is offered at The Renewal Point office. CKC Fitness was developed by David Luedeka, MS, DPT. From the person recovering from a major fall to the professional athlete looking to increase their skills, this program can help.

Join Them **every Wednesday** from **7:30 am to 8:45 am** in at the Waldemere St Firehouse conference room. Do you want to be a better speaker? Do you want to improve your leadership skills? Come check them out. Call (941) 539-6994 or email boss4001@aol.com for more info. Open to all.

Ringling Reflections

■ **Ringling Reflections** programs are *designed specifically for people with memory loss and their care partners*. They are relaxed, conversation-based gallery tours in the Museum of Art. The tour routes are wheelchair accessible. Wheelchairs are available for use free-of-charge on a first-come, first-served basis. Listening devices, including induction loops for t-coil hearing aids, will be provided. Portable stools will be available for all participants.

Tours take place on select **Sundays at 10:30-11:30 a.m.**

Plan on arriving to the museum's Visitors Pavilion at 10 to check in. The tours are free of charge but advance registration is required and space is limited. The next programs are on **July 14, August 18** and **September 15**. If you have questions regarding accessibility, email accessibility@ringling.org

Expressive Arts Florida Institute Events

■ **Expressive Arts Florida Institute**, located in the artist colony of Towles Court, has programs designed to enrich one's life and to develop creative life skills for personal, professional and social change through the arts.

They offer a variety of workshops in art and expressive arts to connect you with your own creativity. Whether you identify with being an artist or you have felt out of touch with your artist self for a long time, you can explore new art processes, and have fun doing it. Classes range from fun art making workshops to Art as a Healing Practice and professional development for counselors and therapists. Full weekend immersions in expressive arts processes offer a retreat for those who want a deeper and fuller experience as well as training in the field of expressive arts through our internationally acclaimed Certificate Training Program, which opens a pathway for professional application and registration. For more information or to register, call 941-366-9595 or visit www.expressiveartsflorida.com.

Here's what's coming up:

• **"Open Studio"** —In this open format, join them and engage in quality creative time for yourself. Bring a project you are working and your favorite supplies or use our studio supplies and start something new. You do not have to be an artist to enjoy the benefits of being creative; all levels of experience are welcome. By donation. Held **every Wednesday, 10-1** at Expressive Arts Florida Institute, 200 S. Washington Blvd, Suite 1, Sarasota.

At the Libraries

■ **Hurricane Preparedness** will be offered in the Jack J. Goldbart Auditorium at Selby Library on **July 16, 6-7 p.m.** What would you do if basic services were cut off, like electricity or water, or if

you had to suddenly leave your home? This class will offer tips and ways to prepare for unexpected disasters, such as hurricanes. Learn how to assemble an emergency supply kit and other ways to prepare for emergencies. Register early through uf Sarasotaext.eventbrite.com to reserve your spot.

Instructor: Dr. Maria Portelos-Romero, UF/IFAS Extension Sarasota County family and consumer sciences agents. For questions or further information, call 941-861-5000 or email sarasota@ifas.ufl.edu.

■ **E-Book and Library Resources Help** meets on **July 30, 11 a.m. - 1 p.m.** Drop in for assistance using library technology including e-Books and audiobooks from Overdrive and the Cloud Library. Bring your tablet, laptop, e-reader or smartphone to one of Selby Library's Tuesday sessions where you can learn how to download media, search the online catalog and access other free library web resources. Staff will help patrons on a first-come, first-served basis. Prerequisite: Bring your Sarasota County library card and any necessary passwords, PINs or Apple ID.

■ **Master Gardener Plant Clinic** will be on **July 27, 10 am - noon**. The Plant Clinic meets in the library lobby at Fruitville Library, 100 Coburn Road, Sarasota. Info: 941-861-2500.

Want to learn more about Florida-Friendly gardens, composting, or citrus trees? Need a plant or insect identified? Homeowners can receive research-based lawn, landscape and pest management help from the University of Florida. These sessions are made possible through a partnership with UF/IFAS Extension Sarasota County.

Fibromyalgia & Chronic Pain Support Group

■ Join in for a **Fibromyalgia and Chronic Pain Support Group**. They meet the **first Tuesday** of every month at the Braden River Library on SR 70 from **noon to 2 p.m.** This group is free and a good chance to share with others that understand. Any questions, call Edie Anderson at 941-447-5024 or Lorraine McDonough at 941-896-8942.

It's Turtle Season!

■ Now that summer is here and trips to the beach become more frequent, **Sarasota County** is reminding all visitors and residents to keep light out of sight during sea turtle nesting season.

Sarasota County beaches play host to the largest population of nesting sea turtles on the Gulf Coast of Florida, with over 200 nests per mile.

According to Sarasota County Wildlife Specialist Jaclyn Irwin, the biggest threats to sea turtle survival are often man-made. Artificial lighting, beach furniture, coastal structures and indigestible plastic all pose serious threats, she said.

"Only one out of every 1,000 hatchlings will survive to adulthood. Each year thousands of hatchlings die from predation, exhaustion and starvation due to the disorientation caused by bright, artificial lights," Irwin added.

Sarasota County regulates beach-front lighting and storage of recreational items such as beach furniture. **Activities disruptive to sea turtles are prohibited during nesting season, through October 31.**

Here are some ways you can help sea turtles beat the odds:

- Each night, remove all furniture and recreational items from the beach and store them in an area landward of the beach and dunes.
- Properly dispose of trash. Sea turtles ingest plastic bags and garbage attracts predators that eat turtle eggs.
- Knock down sand sculptures and fill in holes before you leave the beach so turtles have direct access into and out of the water. A turtle that falls into a hole cannot get out.
- Reduce use of flashlights on the beach at night.
- Stay clear of marked nesting areas.
- Property owners must either extinguish or shield lights visible from the beach, or replace white incandescent, fluorescent and high-intensity lighting with amber or red light-emitting diodes (LED) or low-pressure sodium vapor (LPS) fixtures.

Have questions or need assistance with adjusting the lighting on your property? Contact the Sea Turtle Protection Program at 941-861-5000 or visit scgov.net and enter the keyword "wildlife."

To report an injured or dead sea turtle, contact the Florida Fish & Wildlife Conservation Commission at 888-404-FWCC (3922).

Women's Networking Event

■ **WIN (women's interactive network)** is a small group based out of Pittsburgh and Sarasota. They have a **Lunch & Learn Monthly Meetup for professional women**. Join them at Mediterraneo Restaurant, the **2nd Thursday of every month,**

11:30 a.m. to 1 p.m. This is a great opportunity to showcase your business, learn about your professional colleagues and expand your network. All Attendees are responsible for their own lunch and beverage. Remember to bring a donation for the Women's Resource Center of new or gently used clothing or accessories.

Visit their website to learn more: Sarasota: <http://na-win.com/sarasota/>

WIN-Sarasota events: (online registration here) <http://na-win.com/sarasota/win-sarasota-events>.

Sarasota YMCA offers Saturday Night Dance Parties

■ You might be surprised to learn where one of Sarasota's nightlife hotspots is located: **the Frank G. Berlin, Sr. Branch of the Sarasota YMCA**. On any given **Saturday night**, you'll find between 90 and 130 community members - an even mix of singles and couples - enjoying a weekly dance party for active older adults, with the opportunity to socialize and ballroom dance. There is a live band, playing big band music; on breaks, the DJ takes over.

The evening starts with a ballroom dance lesson to help participants at all skill levels find their footing. The program, which aligns with the YMCA's mission of improving the community's health and well-being, offers the opportunity for social interaction, to practice ballroom dancing skills, and enjoy a fun physical activity in a social, supportive and affordable setting.

The dance parties take place every Saturday, 6:30-10:30 p.m., at the Berlin Branch of the YMCA (1075 S. Euclid Ave., Sarasota). Cover charge: \$12. For more information, call 941-955-8194, ext. 125. ☎

west coast WOMAN

West Coast Woman in Sarasota is a monthly publication on the west coast of Florida. We have been publishing since 1989. We are ad-supported so that means our publication is **FREE** and is located at over **600** quality locations from doctor's offices to fitness centers to health food stores. In addition, we are in newspaper boxes in prime locations such as post offices and busy streets.

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