

JOIN US!!



MONDAY APRIL 20 Monthly Men to Men Meeting

**OPEN to all - bring your partner, a friend...
IMPROVE YOUR HEALTH
LIFE AFFECTING RESULTS - with Nora Clemens**

**AT TEAM TONY Cancer Center 3562 S Osprey Sarasota
COME IN PERSON OR JOIN ON ZOOM**

[Click here to join meeting](#)

About Nora Clemens



Life has a way of piling on. Work deadlines. Family demands. Financial pressure. Difficult news cycles. Unexpected change. When it all arrives at once, what used to feel manageable suddenly doesn't.

Stress looks different for everyone, and no two situations are the same so when life becomes overwhelming, self-care is often put aside, yet those are the moments when it matters most.

Self-Care During Stressful Times: What Actually Helps

Mind & Body: How to Nourish Yourself When Stress Takes Over

Contact her at 941-445-1170 OR www.nutritionandwellnesssolutions.com

OTHER APRIL COMING EVENTS:

- **April 16 Thursday at 6pm**

at Doctors' Hospital 5731 Bee Ridge Rd

SUPPORT GROUP OPEN TO ALL - In Person & by Zoom

ZOOM connection: [Click here to join meeting](#)

- **April 18 Saturday from 10 to 12 noon**

at Jetson's Salon 2741 N. Osprey Sarasota

PSA SCREENING - FREE & OPEN TO ALL

[Call me for details: David at 941 356 0754](#)

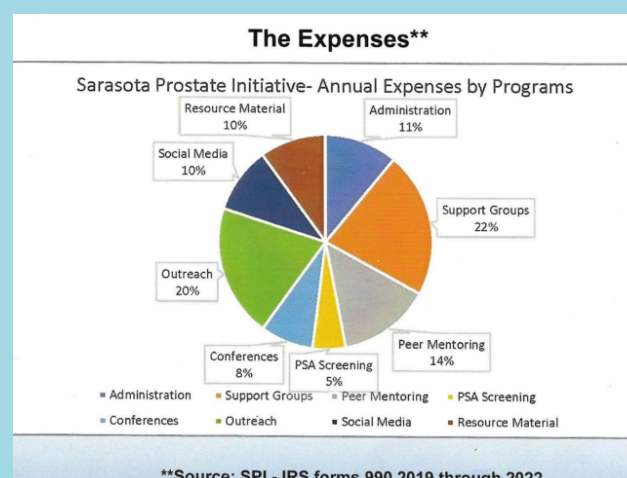
HELP US HELP MORE MEN and CAREGIVERS CONQUER THIS SCARIEST OF HEALTH PROBLEMS

\$\$ X 2 !! = \$\$\$\$

Your gift of \$5 to \$500 will be matched by Flanzer Trust so we receive double the amount of your gift to help hundreds of men annually.

[click here to](#)

DONATE



HELP US HELP MORE MEN and CAREGIVERS CONQUER THIS SCARIEST OF HEALTH PROBLEMS

Sarasota Prostate Initiative, Inc. | 1661 Ringling Blvd # 75 | Sarasota, FL 34230 US

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