Update: Expanded Regional Cancer Center Opens this Month with Comprehensive Care

The Regional Cancer Center has experienced double-digit growth each year since opening in 2008. To continue providing high-quality, comprehensive care to our growing community, the center added a 24,000-square-foot, two-story building to its 62,000-square-foot facility. Southwest Florida’s primary cancer-care destination, Regional Cancer Center offers patients leading-edge treatment for nearly every aspect of their cancer care. For more information, call 239-343-9500.

Services at the new location:
8931 Colonial Center Drive, Fort Myers, 33905

Floor 1: Welcome desk, cancer rehabilitation, palliative care, cancer data center, and multi-disciplinary/navigation services

Floor 2: Adult oncology and medical oncology
Now Open: Lee Health at Babcock Ranch

Welcome to an inspiring way of life. Welcome to Lee Health at Babcock Ranch – a community with a vision of sustainable living, education, and the power of possibilities. Lee Health believes in that vision, and that’s why we are proud to be a partner as you take an inspiring journey toward health and happiness. Enjoy exercise on power-generating equipment, rehabilitation services, a swimming pool, a basketball court, yoga and Pilates, health education and nutrition classes, and much more at our new facility.

Go to LeeHealth.org/Babcock or call 239-343-3540.

Lee Health Ranks Among America’s 250 Best Employers for Diversity

Lee Health’s diversity has been recognized among some of the largest and most recognizable companies, including Coca-Cola, Apple, Amazon.com, Walt Disney, and Starbucks, as part of Forbes magazine’s “America’s Best Employers for Diversity 2018” list. Lee Health ranked 58 out of 250 companies and is the ninth highest-ranked health care provider and the second highest-ranked organization in Florida.

Cape Coral Hospital, Gulf Coast Medical Center Honored as Baby-Friendly Birth Facilities

Congratulations to our staff! Gulf Coast Medical Center and Cape Coral Hospital recently received international recognition from Baby-Friendly USA as Designated Baby-Friendly birth facilities. The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization and the United Nations Children’s Fund. The initiative recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

Golisano Children’s Hospital of Southwest Florida Offers Free Parenting Workshops

Parents and caregivers can sign up now for Golisano Children’s Hospital of Southwest Florida’s specialized group parenting classes, which teach parents how to focus on their strengths, use effective discipline, and set appropriate expectations for their children. The Lee Health Healthy Life Centers host the eight-week workshops focused on parenting the exceptional child. Exceptional children have special needs, including developmental disabilities, physical needs, or emotional disturbances. Call 239-424-3220 to register.

Congratulations to Our Physician of the Month!

The Staff and Administration of Lee Health are pleased to announce Stephen Hannan as Physician of the Month.

Employees, volunteers, and other physicians on staff chose the physician based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.

This month we salute Dr. Hannan for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Hannan as a respected member of our medical staff since July 1988.

Stephen Hannan, M.D.
Pulmonary, Critical Care, and Sleep Medicine Specialists of SW Florida
7335 Gladiolous Drive
Fort Myers, FL 33908
239-985-1925

LeeHealth.org
Boost Your Brain, Boost Your Life

Modern technology offers countless advantages, as anyone who owns a cell phone can attest. But our reliance on technology comes with a caveat, says Sarah Mitchell, health and wellness coach, Healthy Life Centers (formerly Wellness Centers) at Cape Coral and Coconut Point.

Sarah, who facilitates the Brain Booster and Brain Fit workshops at the Healthy Life Centers, often asks participants who are new to the workshops: “How many phone numbers do you know in your cell phone right now?”

The question typically stumps members, as it had Sarah three years ago, which prompted her to create Brain Boosters and Brain Fit. The interactive workshops challenge people of all ages to listen, repeat back, and retain information while doing easy-to-follow physical movements.

“We work so hard to exercise our bodies from the neck down, but seldom from the neck up,” Sarah says. “Technology has made us complacent. It’s important for people to know we should train our brains on a daily basis, just as we train our bodies.”

The brain is like a muscle and keeping it “fit” with regular mental exercise is as important to healthy living as physical exercise, according to Salvatore Lacagnina, D.O., system medical director of wellness for Lee Health.

“As the saying goes: if you don’t use it, you lose it,” Dr. Lacagnina says. “Supporting healthy cognition, mental function, and memory touches on the process of neuroplasticity, which is the ability of the brain to heal itself and also to create new neurons and cell connections.”

In the workshops, participants use both the left and right side of their brains by combining movement with mental function. “Crossword puzzles, Sudoku, and playing computer games are good ways to train your brain, but these activities involve sitting while being done,” Sarah says. “Neuroplasticity develops when you engage your brain, using memory, counting, even spelling, all while keeping your body moving. We’re always changing the activities to avoid the plateau effect, which means we’re not improving.”

The participants’ only “competition” is themselves. “The exercises help bring awareness to what we’re doing,” Sarah says. “The goal is not to eliminate mistakes but to improve memory. It’s challenging, but improvement happens with training.”

Carrie Bloemers: A Lee Inspiration

Registered dietitian and nutritionist Carrie Bloemers, MS, RDN, practices what she preaches—at the workplace and at home. As manager of Healthy Life Center – Coconut Point, she advocates for healthy living by coordinating the center’s many services and educational programs that support healthy lifestyles.

She’s also the mother of two boys, 2-1/2-year-old Jonah and 9-month-old Ike, a responsibility she shares with her husband, Wes. Every Sunday, Carrie plans her family’s meals for the coming week. “Babies and toddlers like regular eating schedules,” she says. “My goal each night is to have a home-cooked dinner on the table in 10 minutes or less.”

Carrie developed her interest in health and wellness when she played basketball and ran cross-country at her high school. “From an early age I learned to cook and bake for my mom,” she says. “Sports helped sparked my interest in how nutrition can affect how you feel. I would start dinner when I got home from school or after sports practice.”

A favorite aspect of her work involves developing nutrition-based wellness programs for the Healthy Life Centers. “It’s rewarding to respond to our community’s desire to learn about health and wellness,” Carrie says.

This year, Carrie will celebrate her 5-year anniversary with Lee Health. “To have a career in harmony with my professional life and how I raise my family is amazing,” she says. “I’m grateful.”
Telemedicine Technology: A New Way to Improve Care, Curb Hospitalizations

Through the use of telemedicine technology, physicians and skilled nursing staff at HealthPark Care & Rehabilitation Center access physician expertise at patients’ bedsides 24/7, even when physicians are physically absent.

“Telemedicine technology has arrived and is prime time,” says internist Jim Liu, M.D., who helped bring the technology to HealthPark Care & Rehabilitation Center. “The incorporation of telemedicine should be the staple of practices seeking to optimize patient health and satisfaction of care.”

Dr. Liu explains that telemedicine provides diagnostics and treatment at a distance through technology. “We can use the technology for critical issues such as a change in the patient’s medical status, and also for non-emergent uses,” he says. “It’s a great resource for answering family questions, educating patients, and persuading patients to continue with their treatments when they have questions regarding care.”

Like most skilled nursing locations, the center’s clinical staff faces the challenge of providing patients with care that reduces delays in diagnosis and treatment, while helping avoid longer-term complications and repeat hospitalizations. The center uses a type of telemedicine called “synchronous live video.”

“Live video is a real-time, two-way interaction between one of our caregivers and a provider using audiovisual telecommunications technology,” says Deatria Donoho, LPN, quality coordinator and infection preventionist with Lee Health’s Skilled Nursing Services.

When a physician is unavailable to be at the patient’s bedside and face-to-face interaction is needed, the staff uses a specialized telemedicine cart with a laptop and high-definition camera that facilitates a live audio-video connection between the patient, nurse, and doctor. “Our telemedicine program allows our medical providers to be virtually at the patient bedside like never before,” Deatria says.

Celeste Correa, M.D., Lee Physician Group medical director for HealthPark Care & Rehabilitation Center, and Troy Churchill, senior administrator for skilled nursing, are eager to incorporate telemedicine technology into Lee Health’s other skilled nursing locations. Lee Memorial Hospital’s skilled nursing unit staff will soon utilize the technology, and plans are underway to implement telemedicine at the new Gulf Coast Medical Center skilled nursing unit.

“By increasing access to our team of providers, we hope to improve our patient’s experience and outcomes while decreasing our emergency room utilization,” Dr. Correa says.

Troy adds, “As the complexity of care increases in our skilled nursing environment, we need to continue to find innovative ways to effectively change the way health care is delivered.”

Are you a newly retired physician? Do you miss the calling of medicine?

We have the answer for you.

Experience the best of both worlds by joining our team.

We have part-time and job sharing opportunities available in the following specialties:

- Family medicine
- Internal medicine
- Endocrinology
- Neurology
- Pulmonary
- Rheumatology

Positions are for office-only practice. No inpatient responsibilities.

Enjoy:

- Work/Life balance
- Competitive salary and benefits
- Sovereign immunity
- Elbow-to-elbow EHR support
- Assistance obtaining a Florida medical license

To learn more about these exciting opportunities contact:
Tracy Sanburg – 239-343-6523
Tracy.Sanburg@LeeHealth.org

Consider joining more than 350 physicians who make Lee Physician Group the providers of choice in Southwest Florida.
Caring People. Inspiring Health.

Lee Health has served the health needs of our community for more than 100 years. We have been and continue to be committed to helping you, your family and your friends adopt habits that enable you to achieve your best health and live your best life.

Lee Health continues to invest significantly in modern facilities and life-saving technology so our dedicated and talented staff can bring leading-edge medicine and medical procedures to the community. At the same time, we have increased our focus on assisting you outside of the hospital and physician offices — at home and in your neighborhood. Lee Health is committed to encouraging and inspiring our community to adopt healthier lifestyles by emphasizing nutritious food choices and physical activity for prevention, practicing safety and proactively managing chronic disease.

This By the Numbers Community Benefit Report provides a glimpse into some of the leading-edge services and programs that Lee Health offers to everyone in our community.

We believe that the more we partner with you to help you strengthen your health status, the more likely you will avoid future unnecessary illness, injury and pain. We are extremely proud of our mission to be a trusted partner, empowering healthier lives through care and compassion.

We look forward to a continuation of our partnership with you to provide competent and compassionate care. We live by our motto: “Caring People, Inspiring Health.”

Stephen R. Brown, M.D.
Chairman, Board of Directors
Lee Health

Larry Antonucci, M.D., MBA
President & CEO
Lee Health

LEE MEMORIAL HEALTH SYSTEM BOARD OF DIRECTORS

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Benefit to Our Community 2017

$419 Million

Community Outreach
$61 M

Charity Care
$63 M

Unpaid Medicare and other Government Programs
$220 M

Unpaid Medicaid
$75 M

Health Education and Community Outreach

Location Attendance
- Healthy Life Center Coconut Point 8,182
- Healthy Life Center Cape Coral 1,139
- Outreach in the Community 21,489

2017 Total Attendance

30,810
Child Advocacy Program

At Golisano Children’s Hospital of Southwest Florida, our Child Advocacy Program is proactive toward keeping children healthy and safe. Utilizing a team approach, the purpose of the Child Advocacy Program is to raise awareness about social issues that impact children, provide educational classes, and partner with community organizations in an effort to promote the health and well-being of all children in our area.

Injury Prevention Classes and Presentations
32 classes taught 642 persons served 1920 staff hours

Pediatric CPR, AED, First Aid Classes
8 classes taught 36 persons served 64 staff hours

Partners in Parenting Classes
503 persons served 1456 staff hours

Safe Sitter Classes
8 classes taught 46 persons served 64 staff hours

Lee Community Healthcare

Lee Community Healthcare is a community health center. From its three adult medicine offices located in Dunbar, North Fort Myers and Cape Coral, and two women’s health offices located in East and South Fort Myers communities, its 45 physicians, advanced practitioners, midwives, nurses and support staff provide primary medical care to the medically uninsured and economically distressed residents of Southwest Florida. In addition, the Lee Community Healthcare patient care teams are committed to providing a medical home to those individuals who have historically used local emergency rooms to meet their primary care needs.

Lee Community Healthcare • Total Patient Visits

25,070

Lee Health by the Numbers

940k...

0–17 yrs.  2%
18–44 yrs.  48%
45–64 yrs.  41%
65+yrs.  9%

GENDER
Male  28%
Female  72%

AGES SERVED

Hours of Clinical Education

855k Nursing
50k Specialists
17k Pharmacy
18k Medical Residency

Dedicated to education and training, Lee Health professionals provided almost a million hours of clinical education for students of local schools, colleges and universities. Clinical education is focused on and usually directly involves providing exposure to the clinical environment including patients and their problems.
# 2017 Annual Statement of Community Benefit
## Lee Health and by Hospital

<table>
<thead>
<tr>
<th>Category</th>
<th>Lee Health</th>
<th>Lee Memorial Hospital</th>
<th>HealthPark Medical Center</th>
<th>Cape Coral Hospital</th>
<th>Gulf Coast Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost of Charity Care for Low-Income Patients</td>
<td>$62,986,370</td>
<td>$24,185,520</td>
<td>$11,213,480</td>
<td>$12,975,609</td>
<td>$14,611,762</td>
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<tr>
<td>Cost of Unpaid Medicaid</td>
<td>$74,508,671</td>
<td>$17,052,728</td>
<td>$34,003,141</td>
<td>$9,990,017</td>
<td>$13,462,785</td>
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<tr>
<td>Cost of Unpaid Medicare and Other Government-Sponsored Programs</td>
<td>$220,579,540</td>
<td>$47,207,036</td>
<td>$57,760,622</td>
<td>$44,275,466</td>
<td>$71,336,415</td>
</tr>
<tr>
<td>Cost of Providing Community Benefit and Outreach</td>
<td>$61,081,945</td>
<td>$15,270,486</td>
<td>$15,270,486</td>
<td>$15,270,486</td>
<td>$15,270,486</td>
</tr>
<tr>
<td><strong>Total Charity Care, Government-Sponsored Programs and Other Community Benefits</strong></td>
<td><strong>$419,156,525</strong></td>
<td><strong>$103,715,770</strong></td>
<td><strong>$118,247,729</strong></td>
<td><strong>$82,511,579</strong></td>
<td><strong>$114,681,447</strong></td>
</tr>
<tr>
<td>Less the Benefit to Lee Health of Tax Exempt Status</td>
<td><strong>$58,775,756</strong></td>
<td>$14,595,668</td>
<td>$15,466,602</td>
<td>$13,794,350</td>
<td>$14,919,136</td>
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<tr>
<td>Net Value of the 2017 Community Benefits</td>
<td><strong>$360,380,769</strong></td>
<td>$89,120,102</td>
<td>$102,781,126</td>
<td>$68,717,228</td>
<td>$99,762,311</td>
</tr>
</tbody>
</table>

### Community Outreach
These activities are carried out to improve community health, extend beyond patient care activities and are subsidized by Lee Health.

**Clinical Education:** This category includes educational programs for physicians, interns and residents, medical students, nurses and nursing students, pastoral care trainees and other health professionals when that education is necessary for a degree, certificate, or training that is required by state law, accrediting body or health profession society.

**Community donations:** This category includes funds and in-kind services donated to community organizations or to the community at large for a community benefit purpose. In-kind services include hours contributed by staff to the community while on Lee Health work time, the cost of meeting space provided to community groups and the donations of food, equipment, and supplies.

**Community health promotion and education:** These activities are carried out to improve community health, extend beyond patient care activities and are subsidized by the health care organization. Specific community health programs and activities include: Community health education, community-based clinical services, such as health services and screenings for underinsured and uninsured patients, health education lectures and workshops by staff to community groups, health promotion and wellness programs, self-help programs, such as smoking cessation and weight loss programs, and health care support services, such as enrollment assistance in public programs.

Any questions regarding this publication please contact Mary.Andrews@LeeHealth.org
Magic Squares Solution

8 3 4
1 5 9
6 7 2

The Brain: Did You Know?

- Brain information can travel up to 268 miles per hour—faster than a Formula One race car.
- The average brain generates up to 50,000 thoughts per day.
- The brain’s memory capacity is a quadrillion, or 1015, bytes—about the same amount needed to store the entire internet.
- Ninety-five percent of your decisions happen in your subconscious mind.

Take Control of Your Health with the New Lee Health Mobile App

The Lee Health Mobile app is now available for the iPhone and iPad, Android phones, and tablets. The Lee Health Mobile app connects you to Lee Health, your official source for finding a physician, locating a facility, accessing the latest wellness information, or making an appointment with a provider. Search the app store for “Lee Health” and connect to your daily one-stop mobile access to health information and more from our experts.

The Lee Health Mobile app also allows current MyChart users to access MyChart on their mobile phones to:

- View their health summary, including test results, medications, and past appointments
- Request medical appointments and prescription renewals
- Communicate electronically with your medical care team
- Manage your account: view statements, bills, and make payments

Find the Lee Health Mobile App in the

Apple® App Store
Google Play Store
Cancer

Gentle Exercise Classes

10-11 a.m., every Monday
Regional Cancer Center, fourth-floor conference room
This class is designed for individuals who are receiving treatment or have had surgery and are not yet able to do cardio exercise. Permission is required. Call 239-343-9503. $5 per class.

Yoga

10-11 a.m., every Wednesday
Regional Cancer Center, fourth-floor conference room
Registration is required. Call 239-343-9503. Please bring your own towel/blanket. $5 per class.

Bladder Cancer Support Group

3-5 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Godfrey at 239-992-4809 or kgod@comcast.net.

Blood Cancer Support Group

Times and dates vary
Registration is required. Contact Seth Berkowitz at 800-955-4572 or Seth.Berkowitz@LSS.org.

Brain Tumor Support Group

6:30-7:45 p.m., third Tuesday of each month
Lee Memorial Hospital Volunteer Conference Room
Contact Veena Sharma, RN at 239-343-9510 or Veena.Sharma@LeeHealth.org.

Cancer Nutrition Seminar

2-3 p.m., second Wednesday of each month
Regional Cancer Center, fourth-floor conference room
Monthly seminar is for oncology patients, survivors, and caregivers. Oncology dietitians will present food demonstration, tastings, and recipes. Call 239-343-9575 or email Taylor.Lawless@LeeHealth.org.

Colorectal Cancer Support Group

4-5:30 p.m., fourth Friday of each month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502 or Bobbi.Marinio@LeeHealth.org.

Multiple Myeloma Support Group

6-7 p.m., third Tuesday of the month
Hope Hospice, 9470 HealthPark Circle, Fort Myers
Contact Joanie Borbely at 860-655-7107 or jborbely@myeloma.org.

Oral, Head and Neck Cancer Support Group

3-4 p.m., fourth Tuesday of each month
Gulf Coast Medical Center Medical Office Bldg. 13685 Doctor’s Way, Suite 250, Fort Myers
Call Stacey Bril at 239-343-9645.

Thyroid Cancer Support Group

10:30 a.m.-noon, third Saturday of each month
Lakes Regional Library
15290 Bass Road, Fort Myers
Contact Sally Fontaine at 239-590-0797 or taranfeather@comcast.net.

Diabetes

Diabetes Self-Management Classes
You must register to attend classes and also have a physician referral.
Morning and evening classes are available at Cape Coral Hospital, HealthPark Medical Center, and the Outpatient Center at the Sanctuary. Diabetes education is a covered benefit for Medicare and most commercial insurances. For more information, call 239-424-3127.

Pregnancy and Diabetes Program
Weekly classes are available.
An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish. Call 239-424-3127 to register.
Wellness

Weight Management
Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, and Lee Memorial Hospital. Individualized weight loss counseling with a registered dietician. This program is available for adult and pediatric patients. Call 239-424-3120.

Nutrition Counseling
Weekly counseling sessions available for adults and children. Individualized nutrition counseling with a registered dietician for a variety of health conditions. Call 239-424-3120.

Weight Management Exercise Program
Individualized weight and healthy lifestyle program that includes three lifestyle coaching sessions, pre- and post-body age assessment, and four personal training sessions. Call Sarah Mitchell at 239-424-3231.

Ortho/Neuro/Spine

Preparative Joint Replacement Class
Tuesdays at Cape Coral Hospital, Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center. Everything you need to know to feel comfortable before joint replacement surgery. Call 239-424-1499.

Aquatic Art
1-2 p.m., Mondays and Wednesdays
Healthy Life Center—Cape Coral

Aphasia Group
9:30-10:30 a.m., Tuesdays
Cape Coral Hospital Meeting Room (located at Day Surgery entrance)
For those who have difficulty talking due to stroke. Call Nancy Guzi at 239-424-3572.

Preop Spine Class
7:30 a.m., every other Tuesday
Outpatient Rehabilitation at City Center
3114 Cleveland Ave.
Free class for individuals scheduled for spine surgery. Receive tips from a physical therapist to ensure a speedy recovery. Call 239-343-4960.

Pregnancy/Parenting

Pregnancy & Diabetes Program – Available in English & Spanish
Weekly classes available.
Location: Please call for more information. Education program for expectant mothers with diabetes or gestational diabetes. Call 239-424-3217.

Childbirth Preparation Traditional Course
9 a.m.-1 p.m., Saturdays throughout the year
HealthPark Medical Center
This includes four hours of classroom instruction taught by nurses who are certified by the International Childbirth Education Association (ICEA). $60 per couple. Call 239-343-5271 or visit LeeHealth.org/BirthEd.

Childbirth Preparation e-Learning Course
Online
This e-learning course includes access to an online program and a hospital tour. View a sample of the online program at LeeHealth.org/BirthEd. $60 per couple. Call 239-343-5271.

Baby Care & Car Seat Safety
Classes take place throughout the year.
Times and dates vary.
This one-time class helps expectant parents become more comfortable and confident in their parenting role. This class also teaches parents how to properly use and install child restraints. $20 per couple, $5 per additional person in attendance. Call 239-343-5301 or email Lorena.Rodriguez@LeeHealth.org.

Helping Happiness - How to Lift Your Mood and Your Life!
6-7 p.m., June 4
First Christian Church
2061 McGregor Blvd.
Fort Myers, FL 33901
Dr. Darren Morton will explore the science of happiness and how to lift your mood and your life. Reserve by email at speakersoneriesRSVP@LeeHealth.org.
Free. Doors open at 5:30 p.m.
For more information, call 239-424-5234.

Breastfeeding
Classes take place throughout the year.
HealthPark Medical Center and Gulf Coast Medical Center
Plan to give your baby the best possible start. All classes are taught by board-certified lactation consultants. $20 per couple
Call 239-343-5271 or visit LeeHealth.org/BirthEd.

Positive Parent Support Group
6-7:30 p.m., third Thursday of every month
Greater Naples YMCA, 5450 YMCA Road, Naples
Provided by Golisano Children’s Hospital of Southwest Florida in collaboration with the Greater Naples YMCA. Call 239-597-3548.

Partners in Parenting
Classes meet once a week for 2½ hours—day and evening locations available. Fort Myers and Cape Coral. Parents learn how to focus on their strengths and set appropriate expectations for their children. Free classes with free child care available for infants and toddlers.
Call 239-559-2808.

Support Groups/Classes

Vestibular Support Groups
Groups meet quarterly in various locations throughout Lee County. Call 424-3765 to register.

Pulmonary Fibrosis Support Group
1-3 p.m., second Wednesday of each month
Lee Memorial Hospital, MOC, room 705
It’s All About You, Chronic Disease Self-Management Program
Time and Date: Varies
This free 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses. Many of the workshop leaders also have a chronic illness. For more information, call 239-343-9264.

Chronic Pain Self-Management Program
Time and Date: Varies
This free 6-week program teaches you the tools necessary to self-manage your chronic pain. During the workshop, you will learn about foods that help with pain, importance of physical activity, mindfulness, pacing and planning, and much more. For more information, call 239-343-9264.

Huffers and Puffers
1-3 p.m., third Friday of each month
Lee Memorial Hospital/MOC Bldg. #705
For more information, call 239-343-9250.

Organ Transplant Recipients of Southwest Florida
11:30 a.m.-1:30 p.m., first Thursday of each month
The Outpatient Center at the Sanctuary, second floor meeting room
Support group members represent all forms of organ transplants, such as heart, lungs, kidneys, liver, pancreas, corneas—as well as caregivers, those awaiting transplants, donor families, and anyone interested in transplantation. A light lunch is provided.
Visit organsupport.org or call 239-247-3073.

FIND LEE HEALTH FACILITIES AND SERVICES
To find information on these facilities and services, go to LeeHealth.org/Locations

 Hospitals & Medical Centers
Outpatient Services
Specialty Care Centers
Physician Locations
Pediatric Care Locations
Convenient Care & Emergency
Health and Wellness
Blood Donation Centers
Outpatient Pharmacies

Trauma Survivor Support Group
6-7:30 p.m., second Tuesday of each month
Lee Memorial Hospital
The Trauma Center at Lee Health offers this free support group for those who have experienced traumatic injuries and those who are living with brain injury, spinal cord injury, amputation, and other life-changing injuries. Family members and caregivers are welcome. Call 239-343-2561.

Stroke Support Group
4:30-5:30 p.m., first Monday of each month
Fifth-floor classroom of Lee Memorial Hospital Medical Office Center
2776 Cleveland Ave., Fort Myers
10:30-11:30 a.m., every second and fourth Tuesday of every month, Cape Coral Hospital
For caregivers and stroke survivors. Call 239-343-9343 for Lee Memorial Hospital or 239-424-2377 for Cape Coral Hospital.

Mended Hearts National Support Group
Lee Memorial Hospital Medical Office Center
5:30 p.m., June 20
Sanibel/Captiva Room on the lobby floor of HealthPark Medical Center
Mended Hearts is a national support group for individuals and families with heart disease. Benjamin Aves, deputy director, Lee County Public Safety, will present information about the benefits of physical therapy for devices, as well as non-operational extensions. For more information, email mjansen@col.com or call 239-461-0980.
Healthy Life Center—Coconut Coral

609 SE 13th Court, Cape Coral, FL 33990
For reservations call 239-424-3210.

Healthy Life—Coconut Point
23190 Fashion Drive, Suite 105, Estero, FL 33928
For reservations call 239-495-4475.

Healthy Life Center

Southwest Florida Family Program

First Christian Church - 2061 McGregor Blvd., Ft. Myers

Monday, June 4
10 a.m.-2 p.m.
SHARE Club office
Call 866-413-5337 to request an appointment.

Tuesday, June 5
10 a.m.-4 p.m.
Moms and children under 1 year
Cape Coral Hospital Waiting Room: Family Birth Place
Call 239-424-3210 to register
10:30 a.m.-12:30 p.m.
Guided Meditation for Wellness
5-6 p.m.
Revitalizing Breathwork
11:30 a.m.-1:30 p.m. RSVP
Call 239-424-3210 to register
2:30-3:30 p.m.
Guided Meditation for Wellness
1:30-2:15 p.m. RSVP

Balloon Dancing
1:30-2:15 p.m. RSVP

Monday, June 11
Balance Awareness Series: Facing the Fear of Falling
10-11 a.m. RSVP
Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body
12-1 p.m. RSVP (Fee: $5)

Tuesday, June 19

Thursday, June 14
Integrative Medicine Office Tours
10-11 a.m. RSVP
26800 S. Tamiami Trail, #350, Bonita Springs, FL
Prostate Health: BPH, Cancer and Prostatitis
4:30-5:30 p.m. RSVP
Dr. Alejandro Miranda-Sousa, urologist

Wednesday, June 20
Guided Meditation for Wellness
2:30-3:30 p.m. RSVP

Thursday, June 12
My First Tri: Goal Setting
5-6 p.m. RSVP

Wednesday, June 13
Protecting Your Identity
10-11 a.m. RSVP

Thursday, June 15
Exploring CCRCs (Continuing Care Retirement Communities) in SWFL
11 a.m. - 1 p.m. RSVP

Friday, June 8
Cooking Demo: Nutrition for Memory
11 a.m.-noon RSVP

Saturday, June 9
Daddy and Me: Fun and Safety
9-11 a.m. RSVP

Monday, June 11
Foot Care and Safety for Seniors
4-5 p.m. RSVP
Chelse Viola, podiatry

Tuesday, June 12
Lee Health Coconut Point Project Update
4-5 p.m. RSVP
Hurricane Preparedness 2018
3:30-6:30 p.m. RSVP

Healthy Life Center—Babcock Ranch
42880 Crescent Loop, Suite 100, Babcock Ranch, FL 33982
For reservations call 239-424-3210.

Monday, June 4
Dr. Darren Morton, lifestyle medicine • Monday, June 4 • 6-7 p.m.
RSVP to 239-424-3234 or speakerseriesRSVP@leehealth.org
Helping Happiness: How to lift your mood and your life
First Christian Church - 2061 McGregor Blvd., Ft. Myers

Wednesday, June 6
Whole Food Plant-Based Living
Monthly Meet Up
11 a.m.-noon RSVP

Dr. John Mehalik, orthopedic surgeon
4-5 p.m. RSVP
Advancements in the Diagnosis and Treatment of Shoulder Pain
2-3 p.m. RSVP
Dr. John Melahol, orthopedic surgeon

Thursday, June 7
All About Yoga: The Poses and Benefits
12:30- m-1:30 p.m. RSVP
Ingredient Swaps for Healthy Recipes
12-2 p.m. (Fee: $40)

Tuesday, June 12
My First Tri: Expectations vs. Reality
1:30-4:30 p.m. RSVP

Thursday, June 14
Nutrition for Arthritis and Inflammation
2-3 p.m. RSVP

Tuesday, June 19
Dine & Discover: Table & Tap
Babcock Ranch 42860 Crescent Loop, Punta Gorda, FL 33982
11:30 a.m. - 1:00 p.m. RSVP
Revitalizing Breathwork
12-2 p.m. (Fee: $40)
Call 239-424-3210 to register

Thursday, June 21
World Yoga Day Expo: Yoga Marathon
10 a.m.-4 p.m. RSVP
$10 all day, all-access pass

Tuesday, June 19
Living Strong with a Weak Heart
11 a.m.-noon RSVP

iQuit Tobacco Cessation Class
5-6:30 p.m.
Call 877-819-2357 to register

Wednesday, June 20
Living Strong with a Weak Heart
10-11 a.m. RSVP

Juan Prostatitis
4:30-5:30 p.m. RSVP
Dr. Alejandro Miranda-Sousa, urologist

Saturday, June 16
Memory Café
10 a.m.-noon RSVP

Monday, June 18
Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body
10-11 a.m. RSVP (Fee: $5)
Get Regular: The Mechanics of the Bowel
3-4 p.m. RSVP

My First Tri: Nutrition
5-6 p.m. RSVP

Hope Parkinson’s Support Group
2-3 p.m.

Friday, June 15
Exploring CCRCs (Continuing Care Retirement Communities) in SWFL
11 a.m. - 1 p.m. RSVP

Monday, June 18
Balance Awareness Series: Demystifying and Defeating Dizziness
10-11 a.m. RSVP

Tuesday, June 12
Cooking Demo: Nutrition for Memory
11 a.m.-noon RSVP

Monday, June 11
Balance Awareness Series: Facing the Fear of Falling
10-11 a.m. RSVP

Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body
12-1 p.m. RSVP (Fee: $5)

Thursday, June 14
Integrative Medicine Office Tours
10-11 a.m. RSVP
26800 S. Tamiami Trail, #350, Bonita Springs, FL
Prostate Health: BPH, Cancer and Prostatitis
4:30-5:30 p.m. RSVP
Dr. Alejandro Miranda-Sousa, urologist

Wednesday, June 6
Whole Food Plant-Based Living
Monthly Meet Up
11 a.m.-noon RSVP

Friday, June 8
Cooking Demo: Nutrition for Memory
11 a.m.-noon RSVP

Saturday, June 9
Daddy and Me: Fun and Safety
9-11 a.m. RSVP

Monday, June 11
Foot Care and Safety for Seniors
4-5 p.m. RSVP
Chelse Viola, podiatry

Tuesday, June 12
Lee Health Coconut Point Project Update
4-5 p.m. RSVP
Hurricane Preparedness 2018
3:30-6:30 p.m. RSVP

Healthy Life Center

Your destination for services and education to support a healthy lifestyle.