Lee Health First in U.S. to Offer Select Meals Certified by the American Heart Association®

Teaching Healthy Nutrition Habits to Improve Lives

Greek physician Hippocrates said, “Let food be thy medicine and medicine be thy food.” Lee Health and the American Heart Association (AHA) have taken that advice to heart. In November, Lee Health became the first health system in the United States to offer select AHA-certified menu items for patients and visitors.

Larry Altier, Lee Health’s food and nutrition services system director, says the initiative introduces healthy eating choices to everyone in the hospital system—patients, visitors, and employees. “By offering these products and others as key features of our nutrition service, we’re promoting a whole food, plant-based approach that allows healthier options,” Larry says. “First impressions are lasting, and we want consumers to equate Lee Health to good choices.”

The Heart-Check mark means the recipe has been certified to satisfy the AHA’s nutritional requirements, including guidelines for calories, fat, saturated fat, trans fat, cholesterol, sodium, and nutrients. The Heart-Check makes it simple for patients and café customers in four Lee Health hospitals to identify healthy dining choices and gives them peace of mind that they are consuming heart-smart meals.

Heather Wayco, a registered dietitian and Lee Health’s director of clinical nutrition, says the program offers seven meals. “Our menus offer four breakfast options and three lunch or dinner choices,” she says. “All these menu options are indicated by the AHA’s Heart-Check mark, so diners know they are eating a heart healthy and balanced meal.”

Food nutrition plays a critical role in supporting cardiac health, says Lee Physician Group cardiologist Brian Taschner, M.D. “There is a strong correlation between what you put in your body and chronic disease.”

Dr. Taschner says, “For example, we know that saturated fats typically found in dairy, cheese, ice cream, yogurt, red meat, and pork can raise the level of cholesterol in your blood. High levels of LDL or ‘bad’ cholesterol in your blood increase your risk of heart disease and stroke.”

Dr. Taschner says that a plant-based diet provides more fiber, lower levels of fat, and healthier fats, all of which lower LDL cholesterol levels and also reduce inflammation in the body.

The AHA certification program nutrition requirements are based on the association’s heart healthy dietary recommendations including food categories, specific product ingredients, and nutrient values.

For more information about heart-healthy eating options, go to https://vimeo.com/245554733
Southwest Florida Wine & Food Fest Benefits Golisano Children’s Hospital of Southwest Florida

Help provide life-saving care for children treated at Golisano Children’s Hospital of Southwest Florida while enjoying the finest in wine and dining at the Southwest Florida Wine and Food Fest. This two-day event, taking place on March 2 and 3, brings guests on an exciting culinary adventure held in private homes and at the magnificent Quail West Golf & Country Club. Through this and prior year events, Southwest Florida Children’s Charities will have contributed more than $17 million to Golisano Children’s Hospital. For more information or to learn about sponsorship opportunities, visit swflwinfest.org.

Because Kids’ Minds Matter

Please join us for a special gala event on March 7 at historic Shangri-La Springs in Bonita Springs to benefit the new pediatric behavioral health initiative at Golisano Children’s Hospital of Southwest Florida. Guests and sponsors will enjoy hors d’oeuvres, cocktails and dinner, music, and a “Fund-a-Need” auction. Reservations are limited to 300 patrons. For more information call 239-214-0819 or visit LeeHealthFoundation.org/KMM.

Regional Cancer Center Fashion Show and Luncheon

Join us on March 8 as the Regional Cancer Center hosts its 11th annual fashion show and luncheon at Crowne Plaza at the Bell Tower Shops. Lee Health Foundation partners with Sanibel Outlets to feature a fashion show with exciting auctions and drawings. Sanibel Outlets, House of Wu, Razzle Dazzle, and Scout & Molly’s Boutique will showcase the latest fashions.

The event also will recognize local advocates who have helped reshape cancer care in our community. Event tickets are $50 each and can be purchased at LeeHealthFoundation.org/FashionForCancer. For information on table sponsorships, call 239-214-0819.

Dine on the Field at JetBlue Park with the Boston Red Sox

Bring your family and join Boston Red Sox players and personnel on March 15 for a fun-filled evening at JetBlue Park. Enjoy fantastic food, a chance to win JetBlue Airways tickets, and bid on outstanding auction packages. Proceeds will benefit Pediatric Behavioral Health at Golisano Children’s Hospital. Adult tickets are $75 per person and $35 for kids age 10 and younger. VIP tickets are also available for $150 each. To purchase tickets or for more information, call 239-214-0819 or visit LeeHealthFoundation.org/RedSox.

Madisen’s Match Returns with New Golisano Children’s Hospital Pro Tennis Classic

Join us on March 18 for the 10th annual Madisen’s Match Gala, live auction, and concert at Miramar Lakes Beach & Golf Club. On March 19, participate in the Madisen’s Match Celebrity Tennis Camp, Lunch with the Legends, and Madisen’s Match Pro Am. Enjoy the new Golisano Children’s Hospital Pro Tennis Classic later that evening at the Florida Southwestern Arena. For more information or to purchase your tickets, visit MadisensMatch.com.
Technology Helps Steady 5-Year-Old’s Gait

Five-year-old Sam Sherman has a history of tripping and falling when walking, even in his orthotics or leg braces. But when Sam, who lives with cerebral palsy, swaps out his braces for an electronic device worn around his right calf, he’s able to walk—even run—without tripping and falling.

Sam was born 2½ months prematurely at a hospital in New York state. “We were told Sam would never walk, run or jump,” Rochelle Sherman recalls. Rochelle brought Sam home to Florida eight weeks later, and started him with physical therapy at Golisano Children’s Hospital of Southwest Florida. “Sam was 6 months old,” she says. “We've been coming to the children's hospital every week since.”

As Sam progressed in his rehabilitation, he developed foot drop, a common symptom of cerebral palsy. Caused by weakness or paralysis of the muscles that lift the foot, foot drop contributed to Sam’s frequent trips and falls. When Rochelle saw a commercial about an orthotic device that helped people diagnosed with foot drop improve their balance, stability, and gait, she asked Sam’s physical therapist Melissa Murphy, PT, to inquire about it.

“The Freedom to Walk Foundation reached out to us with a unique opportunity,” Melissa says. “Hanger Inc., a provider of orthotic and prosthetic services and devices, and Tampa-based Freedom to Walk Foundation offered to evaluate Sam for the orthotic aid. Powered by a single “AA” battery, the device sends electric impulses to the affected foot allowing the foot and leg to lift and follow through as they would with a natural, unimpaired gait.

“Sam had a successful trial with the device, which improved his walk with a more functional and normalized gait pattern,” Melissa says. Most insurers won’t pay for the FDA-approved device, which costs $5,000. But at a gala event in October, the Freedom to Walk Foundation presented Sam and his mother with a free one.

Kids Build a Better World with Books

Kids who joined Sanibel Public Library’s Reading for Others program earned while they learned last summer. More than 200 children read books for their home libraries and for pediatric patients at Golisano Children’s Hospital of Southwest Florida. In 2017, the Sanibel Public Library Foundation donated 1,818 books to the children’s hospital. Every hour a child spent reading earned a book for the hospital.

The Summer Reading Program encourages kids to read during their summer break from school. Studies show that reading during the summer helps students maintain and improve upon what they learned during the school year, says Maureen B. Tesoro, community outreach coordinator for Sanibel Public Library.

“Summer reading helps prevent the ‘summer slide,’ which is the loss of words, or the loss of gains the kids have made during the previous school year,” she explains. “The program also fosters a love of learning while enabling children to build their home libraries and help the children’s hospital. Local readers, as well as visiting readers from all over the world, participated.” The 2017 theme was “Build a Better World.”

“This is an excellent program to give children a little normalcy while they are hospitalized,” said pediatrician Alex Daneshmand, D.O., acute care medical officer in charge of quality and safety at Golisano Children’s Hospital. “Our children enjoy reading in the hospital and it provides a timely distraction from their disease. We need new books every year because worn copies are discarded, and books given to children staying at the hospital aren’t returned as a precaution against spreading illnesses.”

The Convenient Care You Need is Minutes Away

Lee Health knows that having immediate access to urgent medical care matters to you. That’s why we opened a new Convenient Care location, near Metro and Daniels parkways in Fort Myers.

An alternative to the emergency department for treatment of nonlife-threatening injury or illness, our newest location features 17 exam rooms, including three procedure rooms for laceration repair and abscesses. Our Convenient Care walk-in clinics offer extended hours in the mornings, evenings, and weekends to provide you with urgent medical services for most minor emergencies and illnesses seven days per week.

We work with most major medical insurance providers to deliver affordable, comprehensive medical care every day. Visit us for general illness treatments including three procedure rooms for laceration repair and abscesses. Our

Five-year-old Sam Sherman wears a battery-powered orthotic aide on his right calf as he exercises with physical therapist Melissa Murphy.
Lee Health – Coconut Point Medical Campus Project on Schedule

The Lee Health—Coconut Point medical campus recently hit the halfway mark of its completion. Touted as a comprehensive health and wellness destination, the facility remains on track to open in November.

“Seeing the medical campus take shape through actual bricks and mortar and glass is exciting,” said Alex Greenwood, vice president, Lee Health – Coconut Point. “Interested folks and groups are calling for updates and trying to see how they can get involved. It’s our privilege to partner with the community in health and wellness. We’re also really excited, but our operational team remains focused on designing processes that will ensure excellent guest experiences.”

The campus will offer a broad array of medical services in a medical campus and retail setting. “Area patients won’t have to choose between health and wellness needs and episodic medical intervention needs anymore,” Alex said. “They can access both needs at one comprehensive center. It’s not just the facility that will be innovative, but the entire patient experience is also being raised to the next level.”

Situated on a 31-acre site located south of Coconut Point Mall, the 172,000-square-foot medical campus will serve more than 100,000 people living in south Lee County.

Key features:
- A freestanding 24-hour emergency department
- Surgery center and breast health center
- Cardiac testing and rehabilitation services
- Chronic disease management
- Nutritional counseling with a teaching kitchen
- Pharmacy
- Healthy Life Center for exercise, health assessments, and education throughout the year.

Cancer Treatments May Cause Delayed Cardiac Issues

Radiation therapy and other cancer treatments help patients live longer—but some could pay a price for their treatment. Peggy Beal, however, says the cancer therapies that saved her life in 1982 trumps the heart disease she developed 30 years later from toxicity likely caused by her radiation therapy.

“I got to see my daughter get her master’s degree and my granddaughters grow up,” she says. “I wouldn’t change things.”

Cardiac toxicity, which can develop within days or months after radiation, often appears years later and can cause heart and circulation problems. Peggy learned she had coronary artery disease in 2005, and doctors treated her with a heart stent. They placed another stent in Peggy’s heart in 2007. In 2015, doctors told her she had valvular heart disease, another side effect of her radiation exposure. But that was the least of her worries. At the time, she was undergoing a preliminary work-up for a breast cancer biopsy.

That’s when Peggy met cardio-oncologist Anita Arnold, D.O. Dr. Arnold treats cancer survivors or patients with cancer who have or are at risk for cardiotoxicity. She also works with cardiac patients, helping them to withstand the rigors of cancer therapy. She monitored Peggy while collaborating with her oncology team throughout her treatment for triple negative breast cancer, a particularly aggressive form of the disease.

“We followed her closely for side effects of the cancer treatment,” Dr. Arnold says. “The concept is to always try to be proactive and try to anticipate any issues that may come up and not wait until they manifest themselves.”

Peggy remains upbeat as she continues her treatment, with Dr. Arnold at her side. Doctors recently tested her for an aortic valve replacement, but first things first: Peggy must treat her cancer, according to Dr. Arnold. “A positive attitude is a lot of why I’m still here,” Peggy says. “Dr. Arnold is so easy going. She tells you how it is, but she’s not a downer. She’s really helped me a lot. I just love her.”

Some of the more common side effects of chemotherapy and radiation therapy:
- Cardiomyopathy. When a heart muscle becomes weakened, enlarged, thickened, or stiff, it can lead to changes in heart rhythm or heart failure.
- Myocarditis. Inflammation or swelling of the heart can result in changes in heart rhythm or heart failure.
- Pericarditis. Inflammation or swelling of the sac surrounding the heart can cause chest pain or heart failure.
- Acute coronary syndrome. Blood vessel damage, which reduces blood flow to the heart, can cause chest pain or a heart attack.
- Congestive heart failure. When the heart is unable to pump enough blood throughout the body.

Anita Arnold, D.O., FACC
Medical Director of Cardio-Oncology
Lee Health
9800 S. HealthPark Dr.
Suite 320
Fort Myers, FL 33908
239-343-6350

Anita Arnold, D.O. (left), is treating Peggy Beal for cardiac issues related to previous cancer treatment.
More Americans Will Have High Blood Pressure under New Guidelines

If you didn’t have high blood pressure before, you may have it now, thanks to new U.S. guidelines for blood pressure or hypertension. Developed by the American Heart Association and American College of Cardiology (ACC), the guidelines redefine the definition of hypertension.

The new guidelines increase the number of people diagnosed as having hypertension and eligible for blood pressure medication, says cardiologist and hypertension expert Subhash Kshetrapal, M.D., FACC. “The previous guidelines defined hypertension as 140/90 mmHg,” Dr. Kshetrapal says. “The new guidelines lower the bar by redefining normal blood pressure as 120/80 mmHg or below. This means several million people will be diagnosed with hypertension.”

The guidelines eliminate the category of prehypertension or borderline high blood pressure, previously defined as a blood pressure reading between 120/80 and 140/90. But now the experts say any reading over 120/80 should be called hypertension.

Dr. Kshetrapal says the new guidelines were developed in response to recent trials that suggested a blood pressure of 120/80 benefitted the patient more than 140/90. He says adopting a healthier lifestyle may lower one’s risk for high blood pressure, as well as other cardiovascular-related issues.

“The only way to know if you have high blood pressure is to have your blood pressure checked,” Dr. Kshetrapal says. “In adults with hypertension, it’s important to screen for and manage cardiac risk factors such as smoking, diabetes, high cholesterol, sleep apnea, and excessive weight. Be aware of your lifestyle choices. Heart-happy habits may lower your risk for high or higher blood pressure.”

Our free, convenient, online service allows you to:

- View your health summary, medications, and test results.
- Review and request appointments.
- Access your medical record via MyChart Mobile (see below for more info).
- Request prescription renewals.
- Manage healthcare for your loved ones.
- Send secure messages to your physician’s office.
- Receive important health reminders.

Got a smart phone? Use our free MyChart Mobile App

Here’s how:
2. Download and install the free MyChart App.
3. Open the MyChart app from your smart phone.
4. Select Lee Health from the list of healthcare providers.
5. Login with your Lee Health MyChart username and password.

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Key Changes in the New Guidelines

The American Heart Association recognizes five blood pressure ranges:
- Normal: Less than 120 systolic and 80 diastolic
- Elevated: Systolic between 120 and 129 and diastolic less than 80
- Stage one: Systolic between 130 and 139 or diastolic between 80 and 89
- Stage two: Systolic at least 140 or diastolic at least 90
- Hypertensive crisis: Systolic over 180 and/or diastolic over 120. The patient requires immediate medical attention.

Recipe provided by Heather Wayco, MHA, RD, LD, Lee Health Director of Clinical Nutrition
Lee Health Calendar

Events & Screenings

Recreation and Wellness Expo
9 a.m.-noon, Feb. 3
North Fort Myers Recreation Center
2000 N. Recreation Park Way, North Fort Myers

Autism Spectrum Disorder Screening
9:30 a.m.-2 p.m., Feb. 9
Wellness Center of Cape Coral, 609 S.E. 13th Court
Cape Coral

Ronald McDonald Care Mobile
An advanced registered nurse practitioner will administer the screening. A physician referral is not required. To schedule a screening for a child between 18 months to 5 years of age, call 239-343-6838.

SHARE Club Dinner Dance
5-8 p.m., Feb. 21
North Fort Myers Recreation Center
2000 N. Recreation Park Way, North Fort Myers

Fee $10
RSVP to 239-424-3220.

Balance Screening (Free)
10 a.m.-noon, Feb. 27
Outpatient Rehabilitation at Riverwalk
8350 Riverwalk Park Blvd., Suite 3, Fort Myers

Call 239-343-9500 to register.

Memory Screening (Free)
1-3 p.m., Mondays
12600 Creekside Lane, Suite #7, Fort Myers

Memory impairment screening. Results and recommendations mailed confidentially. Call 239-343-9220.

Parkinson's Functional Screening Clinic
9 a.m.-1 p.m., Feb. 17
Outpatient Rehabilitation at City Center
3144 Cleveland Ave, Fort Myers

Call 239-4960 to register.

Young Driver Program
5:30-8:30 p.m., Feb. 27
Lee Memorial Hospital Auditorium
Free for new drivers age 15-19. This is a supplement to the driver's education, not a replacement. Contact Syndi at 239-343-3797 to register for the class.

Computer Classes
Call 239-424-3210 to register for any class.

Basic Skills for Users of iPhone 7, 6 or 5
1-2:30 p.m., Feb. 1, 6, 15 (5-week series)
Cape Coral Hospital Computer Lab
Fee $36

Windows 10 Part 2
1-3:30 p.m., Feb. 7, 14, 21 (5-week series)
Cape Coral Hospital Computer Lab
Fee $36

Basic Computer Class
9-11:30 a.m., Feb. 20, 27, March 6, 13, 20 (5-week series)
Cape Coral Hospital Computer Lab
Fee $40

Windows 10 Part 1
9-11:30 a.m., Feb. 20, 27, March 3 (3-week series)
Lee Memorial Hospital Computer Lab
Fee $36

Basic Computer Class
1-3:30 p.m., Feb. 20, 27, March 13, 20 (5-week series)
Lee Memorial Hospital Computer Lab
Fee $40

Additional SHARE Club/Healthy Life Center events are listed on page 8.

Cancer

Gentle Exercise Classes
11 a.m.-noon, 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. Registration is required. Call 239-343-9503.

Yoga
10-11 a.m., every Wednesday
Regional Cancer Center - fourth floor Conference Room
Registration is required. Contact Seth Berkowitz at 800-955-4572 or SethBerkowitz@LLS.org.

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
Time to be determined
Registration is required. Contact Seth Berkowitz at 800-955-4572 or SethBerkowitz@LLS.org.

Brain Tumor Support Group
6:30-7:45 p.m., third Tuesday of each month
Lee Memorial Hospital Volunteer Conference Room
Veena Sharma, RN-BS, 239-343-9501 or Veena.Sharma@LeeHealth.org.

Cancer Nutrition Seminar (Free)
2-3 p.m., second Wednesday of each month
Regional Cancer Center
Contact: Larry Mickey at 239-654-3308.

Colorectal Cancer Support Group
4-5:30 p.m., fourth Friday of each month
Regional Cancer Center
Contact Larry Mickey at 239-654-3308.

Multiple Myeloma Support Group
6 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.

Cancer Screening (Free)

Individualized nutrition counseling with a registered dietitian for a variety of health conditions. Weekly counseling sessions available at Cape Coral Hospital, HealthPark Medical Center, and the Outpatient Center at the Sanctuary.

Nutrition Counseling

Individualized nutrition counseling with a registered dietitian for a variety of health conditions. Weekly counseling sessions available at Cape Coral Hospital, HealthPark Medical Center, and the Outpatient Center at the Sanctuary.

Weight Management

Weekly nutritional sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital.

Wellness

Mastectomy Pre-Operative Education Class (Free)
10-11:30 a.m., Tuesdays
Regional Cancer Center third floor specialty clinic conference room
Receive hands-on training and information regarding your upcoming mastectomy and valuable take-home tools to aid you during recovery.

Breast Cancer Support Group
3:30-5 p.m., first Monday of the month
Regional Cancer Center
The Breast Cancer Support Group is facilitated by Patricia Trione, LCSW.

Abdominal Surgery Pre-Operative Education Class
9:30-11:30 a.m., Thursdays
Regional Cancer Center
A class designed for the surgical oncology patient. Learn how to prepare for abdominal surgery, and what to expect after surgery, and what you can do to reduce post-surgical risks.

Cardiovascular Disease Management

This is a year-long program.

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.

Pregnancy and Diabetes Program

Weekly classes are available.

A educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.

Diabetes Prevention Program

This is a year-long program.

Ortho/Neuro/Spine

Preoperative Joint Replacement Class
Tuesdays at Cape Coral Regional Hospital at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center
Everything you need to know to feel comfortable before joint replacement surgery.

Aquatic Art

1-2 p.m., Mondays and Wednesdays
Wellness Center—Cape Coral
Pool exercises for people with Parkinson's disease.
Call 239-424-3220.

Lee Health Calendar

Please call or register for more information.
Aphasia Group
9:30-10:30 a.m., Tuesdays
Cape Coral Hospital Meeting Room A (located at Day Surgery entrance).
For those who have difficulty taking due to stroke. Call Nancy Gizzo at 239-424-3572.

Pre-Op Sphincter
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 239-343-9610.

Pregnancy/Parenting
Pregnancy & Diabetes Program – Available in English & Spanish
Time and Dates: Weekly classes available.
Available in English & Spanish
Education program for expectant mothers with diabetes or gestational diabetes. Call 239-424-3221.

Childbirth Preparation Traditional Course
9 a.m.-1 p.m., Saturdays throughout the year
Childbirth Preparation Traditional Course
10-11 a.m., Mondays, Cape Coral Hospital
10-11 a.m., Tuesdays, Gulf Coast Medical Center
10-11 a.m., Wednesdays, HealthPark Medical Center
2-3 p.m., Fridays, Cape Coral Hospital (Se habla Espanol)
Board certified lactation consultants will facilitate. Bring your babies—siblings are welcomed!

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

Breastfeeding Club
10-11 a.m., Mondays, Cape Coral Hospital
10-11 a.m., Tuesdays, Gulf Coast Medical Center
10-11 a.m., Wednesdays, HealthPark Medical Center
2-3 p.m., Fridays, Cape Coral Hospital (Se habla Espanol)
Board certified lactation consultants will facilitate. Bring your babies—siblings are welcomed!

Pregnancy & Diabetes Program –
Education program for expectant mothers with diabetes or gestational diabetes. Call 239-424-3221.

Positive Parent Support Group
Call 239-424-3221.

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.

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.

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2-3 p.m., Fridays, Cape Coral Hospital (Se habla Espanol)
Board certified lactation consultants will facilitate. Bring your babies—siblings are welcomed!
Coconut Point
23190 Fashion Drive, Suite 105, Estero, FL 33928
For reservations call 239-495-4475.

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

Every Tuesday and Thursday
Free Blood Pressure Screening
Tuesdays, 9 a.m. - 4 p.m.
Thursdays, 12-4 p.m.

Every Tuesday
Moms and children under 1 year
Ten a.m.-noon RSVP
636 Del Prado Blvd. Cape Coral
Cape Coral Hospital, Classroom A,
Memory Café
10 a.m-noon RSVP (Fee: $5)
Call 239-495-4475 for an appointment

Every Tuesday
Babes and Babies Fitness Class
9 - 10 a.m. RSVP
$5 drop in fee

Every Wednesday
Yoga Classes - all levels welcome, please bring a mat
3:30-4:30 p.m.
5-6 p.m.
Call 239-495-4475 to RSVP

Every Wednesday and Saturday
Walk Club
8:30-9:30 a.m.

Every other Thursday (2/8, 2/22)
Fourth Trimester Club
12-1 p.m.
Moms and children under 1 year

Every Friday
SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net

Thursday, February 1
Advanced Directives and Living Wills
9:30-10:30 a.m. RSVP

Friday, February 2
Line Dancing Your Way to Health 4 Week Series—Feb 2, 9, 16, 23
5-6 p.m. RSVP

Saturday, February 3
Mummy and Me Yoga
Lakes Regional Park Children’s Garden
9-10 a.m. RSVP
7330 Gladisive Drive, Fort Myers

Every Tuesday
Cooking Demo: Lowering Inflammation Through Food
11 a.m.-noon RSVP
Golisano Children’s Hospital of Southwest Florida Family Program

Monday, February 5
Smart Shopping for Lowering Your Cancer Risk
10-11:30 a.m. RSVP
Pamela H. B. Semeniuk, Cardiologist
Medical Advancements in Minimally Invasive Hip and Knee Replacements
2:30-3:30 p.m. RSVP
Dr. Daniel Harmann, orthopedic surgeon
Dizziness, Vertigo or Balance Problems? - How an Otolaryngologist Can Help
4-5 p.m. RSVP
Dr. Patrick Reddy, otolaryngologist

Tuesday, February 6
GASL Safety Check
9 a.m.-noon RSVP
Coconut Point Mall Theatre Roundabout

Wednesday, February 7
Whole Food Plant Based Living Monthly Meet Up
11 a.m.-noon RSVP
Parkinson’s Series: Introduction to Parkinson’s Disease
1-2 p.m. RSVP

Thursday, February 8
Local Farmers and Food Experts Panel
3-5 p.m. RSVP
Cooking Demo: Lowering Inflammation Through Food
11 a.m.-noon RSVP

Monday, February 12
Protect Your Heart Naturally
10-11 a.m. RSVP
Dizziness, Vertigo or Balance Problems? - How An Audiologist Can Help
4-5 p.m. RSVP
Dr. Shamei Hill, audiologist

Tuesday, February 13
Cut the Salt, Keep the Flavor! 1-3 p.m. RSVP

Wednesday, February 14
Parkinson’s Series: Integrative Approaches To Complete Traditional Medications for Parkinson’s Disease
1-2 p.m. RSVP
Dr. Heather Auld, integrative medicine

Thursday, February 15
Apple Class: How to Organize Your Photos
10-11 a.m. RSVP
Brown Bag Medication Review with a Pharmacist
3:30-5:30 p.m. Call 239-495-4475 for an appointment

Saturday, February 17
Memory Café
10 a.m.-noon RSVP

Monday, February 18
Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body
10-11 a.m. RSVP (Fee: $5)
Vertebroplasty Support Group
2:30-3:30 p.m. RSVP
Meniere’s Disease: A Common Cause of Vertigo and Imbalance
4-5 p.m. RSVP
Dr. Samuel Hill, otolaryngologist

Thursday, February 21
SHARE Club Dinner Dance
10:30-11:30 a.m. RSVP

Monday, February 22
Parkinson’s Series: Balance and Fall Prevention: A Balancing Act
1-2 p.m. RSVP

Wednesday, February 27
Stroke and Alzheimer’s Disease Prevention Part 2
5-6 p.m. RSVP
Dr. Nasser Razack, neurointerventional radiologist

Tuesday, February 27
All About Ears
9-10 a.m. RSVP
Hearing Screenings and Video Ear Inspections
10-11 a.m. Call 239-424-3210 for an appointment

Wednesday, February 28
Parkinson’s Series: Balance and Fall Prevention: A Balancing Act
1-2 p.m. RSVP

Thursday, February 28
All About Ears
9-10 a.m. RSVP
Hearing Screenings and Video Ear Inspections
10-11 a.m. Call 239-424-3210 for an appointment

Nutrition Series: The Anti-Inflammatory Diet
5-6 p.m. RSVP

Computer and Technology Classes
Cape Coral Hospital Computer Lab
Call 239-424-3210 for pricing and registration

North Fort Myers Recreation Center
2000 N. Recreation Park Way
North Fort Myers

Saturday, February 3
Recreation and Wellness Expo
3-4 p.m.
Wednesday, February 21
SHARE Club Dinner Dance
5-8 p.m
RSVP to 239-424-3210