Colon cancer silently kills. Most patients don’t know they have the disease until it has crept up and progressed beyond the earliest stages. Each year, more than 50,000 people die from colorectal cancer in the United States, making it the second deadliest behind lung cancer.

“The good news is colorectal cancer is a preventable and treatable disease,” says colorectal surgeon Janette Gaw, M.D. “We typically recommend screenings begin at age 50, but patients should be screened at a younger age if they have a family history of colon cancer or have risk factors for colorectal cancer.”

Although the predisposition for colon cancer can be inherited, many people who develop the disease do not have a family history.

What can put you at risk?

- Older age
- African-American race
- Inflammatory intestinal conditions
- Low-fiber, high-fat diet
- Sedentary lifestyle
- Radiation therapy for cancer
- Obesity
- Smoking
- Alcohol use

Patients who have colon cancer are staged 1-4, based on the severity of the disease. In its earliest stage, colon cancer is highly treatable. “The earliest stages may be removed with minimally invasive surgery through the belly button,” Dr. Gaw says. “If the cancer is more severe, we may need to treat with chemotherapy, radiation therapy, and targeted drug therapy. We treat cancer as a team, along with gastroenterologists, oncologists, and radiation oncologists, with every available tool to get the best outcome for our patients.”

Stage 1 colon cancer patients have a 90 percent survival rate five years from diagnosis; stage 4 patients have a 14 percent survival rate for the same time period. “That shows why it’s important to get regular screenings,” Dr. Gaw says. “Regular screenings save lives.”

What can you do to reduce your risk for colon cancer?

Research is underway to find out if changes to your diet can reduce your colorectal cancer risk. Medical experts don’t always agree on the role of diet in preventing colorectal cancer, but often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer.

Some studies suggest that people may reduce their risk of developing colorectal cancer by increasing physical activity, limiting alcohol consumption, and avoiding tobacco. Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50.

Meal Planning: Healthy for You and Your Pocketbook

Sound meal planning benefits both your health and your finances. When you prepare foods by planning meals and snacks in advance, you can reduce food waste while committing to good food choices, says registered dietitian nutritionist Carrie Bloemers, a personal health advocate with Lee Health’s Healthy Life Center.

“About 31 percent of all edible food is wasted in the United States,” Carrie says. “We throw away nearly 28 percent of fruits and vegetables. National Nutrition Month encourages us to achieve the benefits healthy eating habits offer while also finding ways to cut back on food waste.”

Carrie suggests taking a food inventory before your next trip to the grocery store. “Consider the foods you have on hand before buying more,” she says. “Go through your pantry, freezer, and cupboards. That frozen bag of vegetables or that can of beans in the cupboard—how can you add it to a meal to make it an entree?”

Freezing extra food such as fruits and meats can extend their shelf life, Carrie says. Wrap the items in heavy freezer paper, plastic wrap, freezer bags, or foil. She recommends cooking vegetables such as bell peppers, carrots, and spinach first before freezing them. “To reduce waste, also date all frozen items and use the oldest food first,” Carrie says.

To ensure good food isn’t wasted, know how to read a date label. “The ‘sell by’ date lets the store know when it should stop selling a package to manage inventory,” Carrie explains. “Best if used by’ is the last date recommended for the customer’s use of a product at its peak quality.”

Meal planning tips for healthy eating:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion size.

To learn more about colon cancer awareness and screening, go to: LeeHealth.org/Colon-Cancer
Southwest Florida Wine & Food Fest to Benefit Golisano Children’s Hospital

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, March 2-3, takes guests on an exciting culinary adventure held in private homes and at the magnificent Quail West Golf & Country Club. Southwest Florida Children’s Charities has contributed more than $17 million to Golisano Children’s Hospital. For more information or to learn about sponsorship opportunities, visit swfwinefest.org.

Enjoy Kids’ Minds Matter Secret Garden Gala at Shangri-La Springs in Bonita Springs

An elegant evening at historic Shangri-La Springs in Bonita Springs will be the backdrop to raise funds and awareness for the Golisano Children’s Hospital Pediatric Behavioral Health initiative. On March 7, guests and sponsors will enjoy hors d’oeuvres, cocktails and dinner, music, and a ‘Fund-A-Need’ auction to show support. Reservations will be limited to 300 patrons. For more information, call 239-214-0819 or visit LeeHealthFoundation.org/KMM.

Join Us for the ‘Colors of the Sea’ at the Regional Cancer Center Fashion Show & Luncheon

Join us on March 8 as the Regional Cancer Center hosts its 11th Annual Fashion Show and Luncheon at Crown Plaza at the Bell Tower Shops in Fort Myers. Lee Health Foundation partners with Sanibel Outlets to feature a fashion show along with exciting auctions and drawings. Enjoy the latest fashions presented by Sanibel Outlets, House of Wu, Razzle Dazzle, and Scout & Molly’s Boutique. Awards will also be presented to local advocates who have played a role in reshaping cancer care in our community. Tickets to the event are $50 each and can be purchased at LeeHealthFoundation.org/FashionForCancer. For information on table sponsorships, please call 239-214-0819.

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

Join us on Sunday, March 18 for the 10th annual Madisen’s Match Gala, live auction and concert at Miromar Lakes Beach & Golf Club. On Monday, March 19, participate in the Madisen’s Match Celebrity Tennis Camp, Lunch with the Legends, and Madisen’s Match Pro-Am. That evening, enjoy the new Golisano Children’s Hospital Pro Tennis Classic at the Florida Southwestern Arena! For more information or to purchase your tickets, visit MadisensMatch.com.

Designer Purse Bingo at Crowne Plaza Benefits Regional Cancer Center

Here we go again! It’s time for another exciting edition of Designer Purse Bingo, set for Thursday, April 12 at Crowne Plaza, Bell Tower in Fort Myers. Proceeds from the event benefit patients who receive lifesaving care at the Regional Cancer Center. Guests will enjoy hors d’oeuvres, dessert and 18 rounds of bingo with the chance to take home great designer purses by Michael Kors, Dooney & Bourke, Brahmin, Coach, and more. You don’t want to miss this one! All the fun begins at 5:30 p.m. and tickets are just $45 per person. Visit LeeHealthFoundation.org/PurseBingo to make your reservations online or purchase your tickets by calling the Foundation at 239-214-0819.
When You Need Convenient Care

Your primary care physician offers the personal care you need when you’re ailing. But if you’re out of state or hundreds of miles away from your physician of choice when you’re unwell, Lee Health Convenient Care offers immediate access to quality, hospital-affiliated health care professionals. Lee Physician Group physicians and skilled nurses. “Convenient Care is helpful for individuals who don’t have a primary care physician, and it’s a great alternative to using the emergency department for non-life-threatening medical issues—especially during season,” says Kris Fay, chief administrative officer of Lee Physician Group.

Convenient Care centers are located throughout Lee County and offer quality, walk-in medical care for adults and children in a cost-effective, comfortable environment. Convenient Care is appropriate when: you have a non life-threatening emergency, you’re unable to get an appointment with your primary care doctor, or if you’re not established with a primary care physician. No appointment or referral is necessary, and most insurance is accepted.

When Should You Go to the Emergency Department?

The emergency department sees patients with conditions and injuries that need immediate attention. Some of the conditions we recommend care for in the emergency department may include:

- Chest pain
- Difficulty breathing or shortness of breath
- Broken bones or dislocated joints
- Facial lacerations
- Deep skin abrasions or severe cuts requiring stitches
- Vaginal bleeding with pregnancy
- Fevers and rash
- Head and eye injuries
- Severe flu and cold symptoms
- Sudden change in mental state

An emergency room visit involves four steps of care:

**Step 1: REGISTRATION**

Check-in at the registration desk. If your condition is stable, our registration associate will collect your information immediately so we can get you into our system right away. After you register, we will ask you to wait for us to call you into triage, where patients are assessed and evaluated for urgency.

**Step 2: TRIAGE**

A registered nurse will conduct a brief health assessment. The nurse will take your vital signs, perform a quick exam, and start some preliminary diagnostic testing.

“Depending on the severity of your emergency, you may be taken to a room in the main emergency department for a full exam and treatment,” explains emergency room physician Richard Macchiaroli, M.D. “We may send you to another area of the hospital for an X-ray, ultrasound, CT scan, blood work, or other diagnostic tests. Or, we may ask you to remain in the waiting room.”

**Step 3: EXAM AREA**

A physician, nurse practitioner or physician assistant and nursing staff will perform a full history and physical exam on you. “After your history and exam, we’ll discuss any additional testing you may need,” Dr. Macchiaroli says. “Or, if you have test results available, we’ll review them with you.”

**Step 4: DISCHARGE OR ADMISSION**

The emergency department physician providing your care may approve your discharge, at which time you can go home. Or, you may be admitted to the hospital for further treatment.

“If you are discharged, you’ll receive detailed instructions for any follow-up care,” Dr. Macchiaroli says. “Ask us if you have questions about the instructions.”

Dr. Macchiaroli adds that before you leave the hospital, stop by the discharge office to confirm they have your information. “A valid phone number and address is essential because we may need to contact you after your visit about your emergency department care,” Dr. Macchiaroli says.

Should your doctor decide to admit you to the hospital, you may have to remain in the ED until a bed for you becomes available.

Emergency Care for Your Children is Close to Home

For any parent, wondering where to take a child for emergency care intensifies an already stressful situation. The pediatric emergency department (ED) at Golisano Children’s Hospital of Southwest Florida helps ease the fears of parents and children by providing compassionate, state-of-the art, high-quality emergency care close to home, says Armando Lieche, chief administrative officer.

“When the hospital opened in 2017, the emergency department became the only one in Lee County specifically designed to treat children,” Armando says. “We know going to the emergency department can be scary for children and parents. We want children and families to feel comfortable while they receive care.”

Last year, the children’s hospital treated more than 31,000 kids. “Few patients are transferred somewhere else because our staff of more than 75 clinical providers represent many of the key pediatric subspecialties,” Armando says. “Typically, our patients see a pediatric emergency specialist of some sort within three minutes of their arrival and a physician within 22 minutes of arriving to the ED.”

Golisano Children’s Hospital has child life specialists who are trained to answer questions and help child feel as comfortable and happy as possible when they visit. “All of our supplies and equipment cater to children,” Armando says. “That includes our beds and even the furniture in our waiting area. There are also plenty of toys, games, pet therapy, and even a ‘Take a Book’ program where if your child picks up a book to read they get to take it home with them.”

Emergency care deals with illness or injury severe enough to require immediate medical attention. Please call 911 and use the emergency department (ED) if you are having trouble breathing, or think you are having a heart attack. You should also go to the ED if you have uncontrolled bleeding, severe abdominal pain, or sudden slurred speech or numbness, which could be a sign of a stroke.
Helping Children Manage Anxiety, Worry

Racing heart, sweaty palms, shallow breathing—we all have symptoms of anxiety now and then. Occasional anxiety is healthy and normal. For example, when we worry about flunking a test, our anxiety can motivate us to study.

That’s a healthy type of anxiety, says licensed psychologist Siddika Mulchan, Psy.D. “Anxiety allows us to prepare and take action to avoid the threat or handle the situation.”

But too much worrying isn’t healthy. “When we worry too much and our anxiety starts to affect the things we want to do or if it causes us emotional distress, an anxiety disorder can develop,” says Dr. Mulchan. “The child who has an anxiety disorder will constantly worry about many different things that can include their relationships with friends, school issues, and family concerns. They find the worrying hard to control and it interferes with their life.”

Dr. Mulchan works with the Pediatric Neuroscience Program at Golisano Children’s Hospital of Southwest Florida and is trained to manage and treat a range of neurological conditions that affect children. The program features pediatric neurologists and a behavioral health team of pediatric specialists such as psychiatrists, psychologists, and a licensed clinical social worker.

Dr. Mulchan says anxiety is both physical and psychological. Common physical symptoms of anxiety are frequent stomach aches and headaches, muscle tension, fast heart rate, and difficulty breathing.

“Anxiety can also present itself in different ways,” she says. “Children who constantly worry about their safety or the safety of loved ones, or those who find it difficult to concentrate or kids who experience a tantrum or meltdown when forced to do something they are fearful of may have an anxiety disorder.”

Dr. Mulchan says early intervention is the key to managing a pediatric anxiety disorder. “With younger patients, treatment sessions typically are fewer than with older patients. We can treat them before their anxiety becomes ingrained.”

Prevention
Ways for children and parents to deal with anxiety include:
1. Encouraging talk
2. Practicing deep breathing
3. Getting enough sleep
4. Organizing family activities
5. Developing mindfulness skills

Golisano Children’s Hospital of Southwest Florida Earns Pediatric Echocardiography ‘Seal of Approval’

In October 2017 Golisano Children’s Hospital became the only children’s hospital in Southwest Florida to receive accreditation in pediatric and fetal echocardiography by the Intersocietal Accreditation Commission (IAC).

“Because of our IAC accreditation, patients can rely on us to provide high quality patient care and excellence in diagnostic testing for complex congenital heart disease,” says pediatric cardiologist Eric Eason, D.O.

Dr. Eason and his team with the Congenital and Pediatric Heart Program at Golisano Children’s Hospital pursued accreditation for three years before learning they earned the award. The accreditation recognizes the team’s work with pediatric echocardiograms.

An echocardiogram uses high frequency sound waves to make pictures of the heart to help diagnose possible heart disease in a fetus or newborn baby. A specially trained ultrasound sonographer typically performs the test and the images are interpreted by a pediatric cardiologist who specializes in congenital heart disease.

Congenital heart defects cause more deaths during the first year of life than any other birth defect. In the United States, more than 35,000 infants are born with congenital heart defects every year, making it the most common type of birth defect.

Dr. Eason says an accurate diagnosis using echocardiography involves many factors. “Imaging of congenital heart disease is an extremely complex skill to develop,” he says. “The training and experience of the sonographer, the type of equipment used, and the quality assessment metrics each facility is required to measure, all contribute to a positive patient outcome. In achieving this accreditation, our core staff of sonographers, administrative partners, and physicians have all demonstrated an unwavering commitment to congenital cardiac quality.”
Help Stamp Out Colon Cancer

Join the 8th Annual Scope for Hope 5K Run, 2-Mile Walk, and Kids' Fun Run

Help raise money to support colorectal cancer, colon cancer and rectal cancer screenings, treatment, follow-up care, financial assistance, and for educational programs related to colorectal cancer.

Awards, refreshments, and chance drawings to follow the race.

8 a.m., March 24
Century Link Sports Complex at Hammond Stadium
14100 Six Mile Cypress Parkway
Fort Myers, FL 33912

Race Day Schedule

The race will be held rain or shine
7 a.m., registration opens
8 a.m., 5K timed run
8:05 a.m., 2-mile walk (untimed)
9:15 a.m., kids' fun run

To learn more and register for the event, go to LeeHealth.org/Scope-For-Hope

Congratulations to Our Physician of the Month!

James Bynum, M.D.
Orthopedic Sports Medicine Surgeon
Joint Implant Surgeons of Florida
7331 College Parkway, Suite 300
Fort Myers, FL 33908
239-337-2003

The staff and administration of Lee Health are pleased to announce James Bynum, M.D. as Physician of the Month. We salute Dr. Bynum for exemplifying the qualities of an excellent physician and we are pleased to have had Dr. Bynum as a respected member of our medical staff since September 2009.

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**Lee Health Calendar**

Please call to register and for more information.

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### Events & Screenings

#### Autism Spectrum Disorder Screening
9:30 a.m. to 2 p.m., March 9
McDonald’s at Gulf Coast Town Center
17800 Ben Hill Griffin Parkway
Estero

For more information, call 239-343-6838.

#### Memory Screenings
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. to 1 p.m., March 3
Healthy Life Center at Coconut Point
23190 Fashion Drive, Suite 105
Estero

Call 343-4960 to register.

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### LeeSar Demonstration Kitchen

**For reservations, call 239-424-3210.**

- **Picnic at the Park**
  - 11 a.m. to 1 p.m., March 16
  - Lakes Regional Park

- **Healthy Life Center at Coconut Point**
  - 9 a.m. to 1 p.m., March 3

- **Healthy Life Center at Lakes Regional Park**
  - 10 a.m. to 1 p.m., March 14

- **Healthy Life Center at Cape Coral Hospital**
  - 10 a.m. to 1 p.m., March 20

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### Cancer

**Gentle Exercise Classes**
11 a.m. to noon, every Monday
Regional Cancer Center, fourth floor Conference Room
This class is designed for individuals who are receiving treatment but do not have surgery and are not yet able to do cardio exercise. Registration is required.

Call 239-343-9503. $5 per class.

**Blood Cancer Support Group**
3-5 p.m., First Wednesday of every month
Regional Cancer Center
Contact Karen Godfrey at 239-992-4809 or kgold@comcast.net.

**Brain Tumor Support Group**
6:30-7:45 p.m., Third Tuesday of each month
Lee Memorial Hospital Volunteer Conference Room
Veena Sharma, RN at 239-343-9510 or VeenaSharma@LeeHealth.org.

**Colorectal Cancer Support Group**
4:30 to 5 p.m., Fourth Friday of each month
Regional Cancer Center
Call Larry Mickley at 239-454-3308.

**Multiple Myeloma Support Group**
6-7 p.m., Third Tuesday of the month
Hope Hospital, 3400 HealthPark Circle, Fort Myers
Contact Joanie Borbely at 860-655-7107 or jbORBELY@myleoma.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, tasting and recipes.

Call 239-343-9557 or email Taylor.Lawless@LeeHealth.org.

**Hostile Cancer Support Group**
4-5 p.m., Third Thursday of each month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502 or Bobbi.Marin@LeeHealth.org.

### Diabetes

#### Diabetes Self-Management Classes
You must register to attend classes and also have a physician referral.

- **Basic Skills for Users of iPhone 7, 6 or 5**
  - 1-3:30 p.m., March 19, 26, April 2, 9, 16 (5-week series)
  - Lee Memorial Hospital Computer Lab
  - Cost: $45

- **Diabetes Prevention Program**
  - 3:30-4:30 p.m., Third Thursday of each month
  - Regional Cancer Center
  - Call 239-424-3127.

- **Diabetes Prevention Program**
  - 4-5 p.m., Second Tuesday of every month
  - Regional Cancer Center
  - Contact Bobbi Marino at 239-343-9502 or Bobbi.Marin@LeeHealth.org.

### 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 dietitian 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, four personal training sessions. Call Sarah Mitchell at 239-424-3213.

### Ortho/Neuro/Spine

#### Preoperative Joint Replacement Classes
Tuesdays at Cape Coral Hospital; Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center

Everyone you need to know to feel comfortable before joint replacement surgery.

Call 239-424-1495.

**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.
Florida in collaboration with the Greater Naples YMCA

Greater Naples YMCA, 5450 YMCA Road, Naples
6-7:30 p.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.

Positive Parent Support Group
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
Time and Dates: Weekly classes available.
Location: Call for more information.
Education program for expectant mothers with diabetes or gestational diabetes.
Call 239-424-3227.

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
Classes take place throughout the year at Cape Coral Hospital, Gulf Coast Medical Center and HealthPark Medical Center
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.
Time 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 239-343-5010 or email Lorenza.Rodriguez@LeeHealth.org.

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 Español)
Board certified lactation consultants will facilitate.
Bring your babies—siblings are welcome!

Support Groups/Classes
Balance and 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
Will meet through April 2018
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 239-343-3520.

Organ Transplant Recipients of Southwest Florida
11:30 a.m. - 1:30 p.m., first Thursday of each month 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 www.organsupport.org or call 239-247-3073.

Trauma Survivor Support Group
6 p.m.-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.

Memory Care Support Group
4:30-6 p.m., second Tuesday and last Thursday of every month.
12600 Creekside Lane, Suite #7, Fort Myers
Support group and education for caregivers of those with dementia/Alzheimer’s disease.
Call Lynnette at 239-343-9224.

Stroke Support Group
4:30-5:30 p.m., first Monday of each month
Fifth floor classroom of the 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 239-343-1343 for Lee Memorial Hospital or 239-424-2371 for Cape Coral Hospital.

Mended Hearts National Support Group
6:30 p.m., March 21
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. Ophthalmologist Stacey Gorovoy, M.D., will talk about age-related eye ailments.
Mended Hearts has several volunteer opportunities. Email ljansen@aol.com or call 239-461-0980 for more information.
Coconut Point  23190 Fashion Drive, Suite 105, Estero, FL 33928 For reservations call 239-495-4475.

**Wellness Center**

**Healthy Life Center**

Your destination for services and education to support a healthy lifestyle. For upcoming events, go to LeeHealth.org/HealthyLifeCenter.

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**Friday, March 2**

**Stoke and Alzheimer’s Disease Prevention, Part 2**

5-6 p.m. RSVP

Dr. Nasser Razack, neurointerventional radiologist

**Monday, March 5**

**Mummy and Me Yoga**

9-10 a.m. RSVP

Lakes Regional Park, 7330 Gladiolus Dr., Fort Myers

**Monday, March 8**

**Cooking Demo: Superfoods or Super Myths?**

11 a.m.-noon RSVP

Spinal Health: What You Need to Know

4-5 p.m. RSVP

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**Saturday, March 3**

**Spinal Health: What You Need to Know**

4-5 p.m. RSVP

Nutrition Series: Food is Medicine

5-6 p.m. RSVP

Dr. Brian Taschner, cardiologist

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**Tuesday, March 6**

**Cooking Demo: Superfoods or Super Myths?**

11 a.m.-noon RSVP

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**Tuesday, March 8**

**Cooking Demo: Superfood or Super Myths?**

11 a.m.-noon RSVP

Spinal Health: What You Need to Know

4-5 p.m. RSVP

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**Saturday, March 10**

**Parkinson’s Disease Functional Screenings**

9 a.m.-1 p.m.

For an appointment please call 239-343-4960

**Monday, March 12**

**Dizziness, Vertigo or Balance Problems? - How a Physical Therapist Can Help**

4-5 p.m. RSVP

Dr. Andrew Ielsis, podiatry

**Wednesday, March 15**

**Memory Café**

10 a.m.-noon RSVP

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**Monday, March 19**

**Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body**

10 a.m.-11 a.m. RSVP

Dr. Daniel Harmon, orthopedic surgeon

**Medical Advancements in Minimally Invasive Hip and Knee Replacements**

2-3 p.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

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**Wednesday, March 21**

**Dine and Discover: Two Sisters Vietnamese Cuisine**

11:30 a.m. - 1:00 p.m. RSVP

1311 S. Del Prado Blvd Unit A-B, Cape Coral

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**Tuesday, March 22**

**Fridays and Scams**

10-11 a.m. RSVP

**Friday, March 23**

**Quiet the Mind: Tapping Points into Stillness**

2-3 p.m. RSVP

**Monday, March 26**

**Book Club: Gut Bliss**

12:30-1:30 p.m. RSVP

Dr. Andrew Belis, podiatry

**How A Podiatrist Can Help**

Dizziness, Vertigo or Balance Problems? - How a Podiatrist Can Help

1-2 p.m. RSVP

Dr. Daniel Harmon, orthopedic surgeon

**Tuesday, March 27**

**Excursion: Trail Walk at CREW**

10:30 a.m.-12:30 p.m. RSVP

**Wednesday, March 28**

**Parkinson’s Series: Bladder and Bowel Dysfunction and Management in PD**

1-2 p.m. RSVP

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**Monday, March 5**

**Blood Pressure Screenings**

Tuesdays: 9 a.m.-1 p.m.

Wednesdays: 9 a.m.-1 p.m.

Thursdays: 2-4 p.m.

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**Every Tuesday**

**Baby & Babes Fitness Class**

9-10 a.m. RSVP

$5 drop in fee

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**Sunday, March 4**

**Sunset Yoga on the Lawn**

5-6 p.m.

Join us on the lawn beside Florida Blue

Call 239-495-4475 to RSVP

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**Monday, March 5**

**How to Get a Job with Lee Health**

1-2 p.m. RSVP

Managing Your Health One Click at a Time:

MyChart Demonstration

3-4 p.m. RSVP

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**December, 2022**

**Stress**

Impact of Sleep on Physical and Emotional Stress

11 a.m.-noon RSVP

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**Monday, March 5**

**Memory Café**

10 a.m.-noon RSVP

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**Tuesday, March 6**

**Meditation**

9 a.m.-11 a.m. RSVP

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**Tuesday, March 6**

**Vision & Hearing Screenings**

9-2 p.m. RSVP

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**Wednesday, March 7**

**Food Control the Destiny of Your Genes**

4-5 p.m. RSVP

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**Friday, March 23**

**Excursion: Cape Coral Farmer’s Market**

8 a.m.-10 a.m. RSVP

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**Monday, March 26**

**Basic Self Defense**

2-3 p.m. RSVP

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**Tuesday, March 27**

**CARFIt: Car Safety Check**

9 a.m.-noon RSVP

Call 239-424-3765 for an appointment

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**Monday, March 26**

**Book Club: Gut Bliss**

12:30-1:30 p.m. RSVP

Dr. Robynne Chukran

9 a.m.-11 a.m. RSVP

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**Friday, March 23**

**Quiet the Mind: Tapping Points into Stillness**

2-3 p.m. RSVP

**Monday, March 26**

**Book Club: Gut Bliss**

12:30-1:30 p.m. RSVP

Dr. Robynne Chukran

9 a.m.-11 a.m. RSVP

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**Tuesday, March 27**

**Excursion: Trail Walk at CREW**

10:30 a.m.-12:30 p.m. RSVP

**Wednesday, March 28**

**Parkinson’s Series: Bladder and Bowel Dysfunction and Management in PD**

1-2 p.m. RSVP

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**Monday, March 19**

Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body

10 a.m.-11 a.m. RSVP

Dr. Daniel Harmon, orthopedic surgeon

Medical Advancements in Minimally Invasive Hip and Knee Replacements

2-3 p.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

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**Wednesday, March 21**

Epigenetics, Cancer and Chronic Disease

12:30-2 p.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

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**Friday, March 23**

Fridays and Scams

10-11 a.m. RSVP

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**Tuesday, March 22**

Dine and Discover: Two Sisters Vietnamese Cuisine

11:30 a.m. - 1:00 p.m. RSVP

1311 S. Del Prado Blvd Unit A-B, Cape Coral

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**Monday, March 26**

Basic Self Defense

2-3 p.m. RSVP

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**Tuesday, March 27**

CARFIt: Car Safety Check

9 a.m.-noon RSVP

Call 239-424-3765 for an appointment

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**Wednesday, March 29**

**Excursion: Cape Coral Farmer’s Market**

8 a.m.-10 a.m. RSVP

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**Monday, March 26**

**Book Club: Gut Bliss**

12:30-1:30 p.m. RSVP

Dr. Robynne Chukran

9 a.m.-11 a.m. RSVP

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**Computer and Technology Classes**

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Golisano Children's Hospital of Southwest Florida Family Program