Lee Health and Babcock Ranch share a vision of putting health and wellness in the center of people’s lives. Fittingly, Lee Health will open its Healthy Life Center in the Babcock Ranch Town Center this month to honor that vision. In addition to wellness and fitness services, a rehabilitation clinic initially will offer physical therapy services and, eventually, occupational and speech therapy. Later this summer, Lee Physician Group will provide Babcock Ranch residents and the surrounding community its first primary care clinic that will also feature telemedicine services.

The ecologically minded Babcock Ranch, the first solar city in the United States, boasts a commitment to the “Babcock Ranch lifestyle,” one based on health and wellness. “We simply couldn’t have a better partner than Lee Health,” says Syd Kitson, chairman of Kitson & Partners, developers of Babcock Ranch. “Our residents and neighbors will now have access to quality medical care, along with outstanding facilities for ongoing health and wellness activities. This is a tremendous partnership for Babcock Ranch.”

The 24,600-square-foot Healthy Life Center offers Babcock Ranch residents and surrounding community members the following programs:

• **Fitness.** Stay fit with equipment, workout classes, courts, and a lap pool.

• **Mind and Body.** Pilates, hypnotherapy, brain boosters, and massages will help you break through barriers and nourish your spirit.

• **Education.** Discover essential ways to prevent chronic conditions, enrich your nutrition knowledge, and uncover truths about hot new trends.

• **Rehabilitation.** Living with pain? Our physical therapists will help you regain mobility and improve strength and function.

• **Medical Care.** Find a primary care doctor through Lee Physician Group starting in summer 2018. Check-ups, screenings, treatment for illness, and disease management—everything families need to stay healthy.

As Babcock Ranch and the surrounding community continue to grow, so will the medical services Lee Health offers at this unique destination for health and well-being.

Members of the Babcock Ranch facility and Lee Health Wellness Centers in Cape Coral and Fort Myers will have access and privileges at all three locations.

As Babcock Ranch and the surrounding community continue to grow, so will the medical services Lee Health offers at this unique destination for health and well-being. “This opportunity supports Lee Health’s strategic priorities to advance community health by providing prevention and wellness services in an area that currently has limited access to care close to home,” says Dave Cato, Lee Health chief of Outpatient Services.

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Leonard “Scotty” Wood: A Lee Health Inspiration

Leonard “Scotty” Wood has always had big plans. As a young man just starting his professional career in health care financing, Scotty set himself a lofty goal of becoming a company vice president before he was 35. He made good on that aspiration and many others during his career. “I was fortunate to get results and exceed expectations,” he says. “And I realized my dream.”

Along the way he raised a family that now numbers three adult children, four grandchildren, and a toy Shetland sheepdog named Bentley. He also met the woman he calls “my soul mate,” his wife, Stephanie English.

A six-month resident of the West Bay Club community in Estero, Scotty may have retired from commerce, but he’s hardly living a life of leisure. He chairs the Estero Planning and Zoning Board and the West Bay Club Insurance Committee. In 2015, he added to those responsibilities when he joined the Executive Committee of the Lee Health Foundation to help drive the growth of sorely needed health care facilities in South Lee County. The endeavor has complemented Scotty’s service on the South Lee County Hospital Committee since 2009.

“The goal for the next year is to get the Lee Health - Coconut Point fundraising initiative into high gear and help identify influencers and potential benefactors who can make a difference,” he says. “The need is there, and it’s growing more critical. You have more than 150,000 people in South Lee County whose nearest health care facility is Gulf Coast Medical Center. Lee Health’s decision to build Lee Health — Coconut Point is a giant step in the right direction to provide residents with timely access to care.”

Scotty knows achieving his latest goal could have far-reaching effects for thousands in Southwest Florida. That’s why he’s working hard to get results and exceed expectations yet again.

Cancer Survivor Shares Her Experience, Strength, and Hope at 1-year Anniversary

Christy Cantrell was vacationing when she noticed a change in one of her breasts. After she returned home, she told a close friend about it.

“She told me not to ignore it and she made me call my doctor right away,” Christy says. “Days later, following a mammogram, ultrasound, lab work, and two biopsies, I was diagnosed with stage 3 breast cancer at the age of 43. I was shocked.”

Christy received her cancer care at Regional Cancer Center, a partnership of Lee Health, 21st Century Oncology, and Florida Cancer Specialists that offers nearly all aspects of cancer care under one roof. Christy’s comprehensive care team included a breast cancer navigator who helped guide and connect her to the right emotional, medical, spiritual, and financial resources during her cancer journey.

Christy also attended Regional Cancer Center’s multidisciplinary breast clinic, which brings specialists together in one place, in one visit, to develop a treatment plan. Her visit included one-on-one assessments with the medical oncologist, surgeon, and the radiation oncologist. Afterward, the clinic treated Christy and her family to lunch while the medical team discussed her treatment plan.

As Christy approaches the one-year mark of her diagnosis, she urges women to perform breast self-exams and receive regular screening tests.

Christy underwent a mastectomy, chemotherapy, and radiation. After her surgery and treatments, Christy began outpatient rehabilitation at the Cancer Rehabilitation Program, helping to increase her strength and energy, manage her pain, and improve her functioning and quality of life. She also received nutritional counseling from a certified, licensed oncology dietitian after undergoing a hysterectomy and breast reconstruction.

As Christy approaches the one-year mark of her diagnosis, she urges women to perform breast self-exams and receive regular screening tests. “If you are diagnosed with breast cancer, let people help you; stay positive, and make every day count,” she says.

Your donation helps save lives by ensuring the best medical care possible for patients like Christy. Donate today to the Sharon MacDonald Breast Health Fund or the Regional Cancer Center by calling the Lee Health Foundation at 239-214-0898 or go to LeeHealthFoundation.org/RegionalCancerCenter.
MRI Movie Goggles, an Alternative to Sedation

Have you ever lost track of time while watching an engaging movie? That’s the idea behind the video goggle service Lee Health hospitals and outpatient locations offer patients undergoing magnetic resonance imaging (MRI). The virtual reality system provides a comfort zone where patients can relax and enjoy their favorite movies and musical entertainment during MRI exams.

For many patients, an MRI causes anxiety and stress. They must lie motionless within the MRI machine while hearing knocking noises and echoes as the machine produces the diagnostic images. A typical MRI lasts 20-90 minutes. Patients who have difficulty remaining still for the test or who are claustrophobic may need sedation to help them stay motionless during the procedure.

Mishanda Scott-Seawright worried that her 5-year-old daughter, Amiya, would need sedation for her MRI at Golisano Children’s Hospital of Southwest Florida. Child Life Specialist Kristin Brown’s recommendation that her daughter try the video goggle service eased Mishanda’s fears.

“Many parents are afraid to sedate their child or put them under anesthesia,” Kristin says. “We can, if possible, bypass that, too. Using the goggle service makes for a faster, safer, and easier imaging procedure. We are the only children’s hospital in Southwest Florida that offers this service.”

Kristin met with Mishanda and Amiya before the MRI exam to explain the procedure and what to expect. “She was really excited to know she could watch any movie she liked,” Mishanda recalls. After reviewing her movie options, Amiya picked her favorite, “Aladdin.”

“As a parent, it's a relief to know there's an option to help relieve your child’s anxiety and fears without the use of sedation,” Mishanda says. “To have Amiya watch a movie without realizing she was having a test done put me at ease, as well as her”

Mishanda reports her daughter had no anxiety during her MRI. In fact, before it ended, she’d fallen asleep.

Patients can:
• Choose from any available DVDs or bring one of their own to watch during their MRI.
• Listen to movies or music through their headphone/microphone headset.
• Remain in contact with the technologist.

The MRI video goggle service:
• Offers a user-friendly virtual comfort zone.
• Reduces anxiety and claustrophobia.
• Helps children remain still during testing.
• Provides faster and more accurate procedures.
• May eliminate the need for sedation.
• Eliminates the time-consuming and costly need for rescans.

The goggle service makes for a faster, safer, and easier imaging procedure.
Hospitalists Focus on Getting Patients Back Home Safely and Quickly

Hospitalist Cheryl Johnson, M.D., uses the analogy of an umbrella to describe the patient care she provides at Cape Coral Hospital. “As a hospitalist, I coordinate all aspects of care during a patient’s hospital stay,” Dr. Johnson says. “I work with specialist physicians, nurses, physical therapists, and case managers to make sure our patients get the care they need. As hospitalists, we make certain everyone on the treatment team is on the same page regarding the care plan.”

Hospitalists are board-certified physicians who specifically focus on hospitalized patients. They devise a special care plan that helps guide patients through various tests, treatments, and any instructions they will need for further care. Patients typically see a hospitalist during their hospital stay, allowing their primary care physician to concentrate on their office patients.

“Hospitalists don’t have outside medical offices,” says Dr. Johnson, who is board certified in internal medicine. “We practice only in hospitals. We have the same qualifications as your board-certified primary care physicians. Our primary goal is to give our patients a reasonable quality of life afterward.”

What do hospitalists do?

- Consult with all members of the patient’s care team during his or her hospital stay.
- Order tests to diagnose and treat conditions.
- Provide inpatient care for acute medical conditions.
- Work with nursing staff to address any concerns during the hospital stay.
- Provide appropriate follow-up resources after the patient leaves the hospital.
- Provide the patient with discharge instructions, follow-up appointments, and information about medicines to assist recovery at home.
- Order medications for the patient to take home.
- Help reduce the length of a patient’s hospital stay by responding quickly to test results and to any change in condition.
- Help lower hospital costs by their around-the-clock availability to immediately address any issues.
- Facilitate any specialist physician services a patient may require after admittance.
- Help guide the patient’s care during a hospital stay and after discharge.
- Ensure that the patient’s care is safe, effective, and efficient.
- By performing this delicate and time-intensive reconstruction, we allowed Karen to essentially have normal speech and swallowing,” Dr. Anfuso says. “To remove the cancer is one thing, but to have people talking and swallowing again afterward is incredibly gratifying.”

Karen stayed with her son in Cape Coral throughout her cancer treatment. “Don’t wait,” she says, “if something’s not going away or getting bigger, have it checked out right away.”

“The earlier we can address a problem, the better the outcome,” Dr. Anfuso says. “Our primary goal is to give our patients a reasonable quality of life afterward.”

To learn more about head and neck cancer, go to LeeHealth.org/overcoming-cancer

Oral Cancer Patient Keeps Her Voice after Reconstructive Surgery

Karen Depree recalls ignoring the mass she felt under her tongue. “I was in denial for a little bit,” she says of that time in May 2017. “I didn’t want to look at my tongue. I knew something wasn’t right.”

During the summer, the mass became larger and her tongue more tender. Eventually, Karen saw her physician, who referred her to a dentist for an oral examination. The dentist, concerned with his findings, urged Karen to see a specialist for further evaluation.

In September Karen flew from her home in St. John, Virgin Islands, to Southwest Florida to see otolaryngologist (ear, nose, and throat specialist) Anthony Anfuso, M.D., a surgical head and neck oncologist. Dr. Anfuso ordered a PET scan and biopsy of Karen’s tongue. The biopsy confirmed a large cancer on the floor of her mouth and under her tongue, near the jawbone.

“I wish I’d gone somewhere to have it looked at sooner,” Karen says. “It seems the surgery and everything afterward happened so fast.”

Dr. Anfuso removed half of Karen’s tongue, a small part of the left jawbone, and all the lymph nodes from her neck. He rebuilt the tongue with skin from Karen’s left arm. The procedure required 10-12 hours in the operating room. Karen remained at Lee Memorial Hospital for two weeks after the surgery.

“It’s a great day for Dr. Anfuso,” says Dr. Johnson. “Keeping a patient’s care team together means everyone is more effective.”

Safely and Quickly

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7th Annual Free Oral/Head/Neck Cancer Screenings
April 14, 10 a.m.-4 p.m.
Bell Tower Shops
Daniels Pkwy. & U.S.-41, Fort Myers, FL
Open to anyone in the community.
For more information or to register, call 239-936-3756.

6th Annual 5K Run & 2-Mile Walk
April 28
CenturyLink Sports Complex at Hammond Stadium
14100 Ben C. Pratt Six Mile/Cypress Pkwy.
Fort Myers, FL
For more information, call 239-938-9301
All funds will be used locally by 21st Century C.A.R.E. to provide financial assistance to head and neck cancer patients in need.
To learn more, go to LeeHealth.org/annual-run

To learn more about hospitalists, go to LeeHealth.org/lee-hospitalists

Signs and symptoms of oral cancer can include:
- Pain
- Bleeding
- Unusual spot of color or texture
- Lump or thickening inside the mouth
- Difficulty swallowing or chewing

To learn more about head and neck cancer, go to LeeHealth.org/overcoming-cancer

Dr. Anthony Anfuso (right) reconstructed Karen Depree’s tongue using skin from her arm.

Anthony Anfuso, M.D.
Otolaryngology Surgery
21st Century Oncology
4571 Colonial Blvd
Suite 210
Fort Myers, FL 33906
239-333-0772
You Are Not Alone: Sexual Assault Awareness Month Celebrates ‘Embrace Your Voice’

Allegations against high-profile individuals have brought the prevalence of sexual assault in our culture to the national conversation. “I think we are seeing a cultural shift favoring survivors of sexual violence who are no longer reluctant to report it,” says Kristy Dutton, director of emergency services at Lee Memorial Hospital.

April is Sexual Assault Awareness Month (SAAM), designed to raise public awareness about sexual violence and educate communities on how to prevent it. This year’s theme “Embrace Your Voice” informs individuals on how they can use their words to promote safety, respect, and equality to stop sexual violence before it happens.

Kristy admits sexual assault is an uncomfortable topic for conversation, which she believes has historically led to the underreporting of assaults. “It’s important to realize that it’s human nature for some people to joke or stereotype about things that make them uncomfortable,” she says. “This is especially true with sexual assault. When we make jokes or stereotype about the victims or perpetrators, we can unwittingly discourage people who need our help from reaching out.”

The National Sexual Violence Resource Center (NSVR), which started SAAM 17 years ago, states sexual violence occurs when someone is forced or manipulated into unwanted sexual activity without his or her consent. Anyone can experience sexual abuse, including children, teens, adults, and elders. Sexual abusers can be acquaintances, family members, trusted individuals, or strangers.

Kristy says that “Embrace Your Voice” represents a cultural change. “It’s a plea for us to be conscious of how our words impact others,” she says. “If we show through our words that we support victims of sexual violence, we may be able to reach out and help others. We need to be the change we want to see in the world—and it’s up to us individually and together.”

If you are the victim of a sexual assault:

- If possible, get away from your assailant and go to a safe place.
- Call 911 to notify the police.
- Try to avoid touching or altering anything at the scene to preserve possible evidence.
- See if a trusted friend or adult can accompany you to get medical treatment.
- Seek immediate medical attention, preferably at an emergency department.
- Save everything that might have your attacker’s DNA on it. Do not wash your clothes, any part of your body, or brush your hair.
- If you think your assailant drugged you, tell the police or emergency department medical staff.
- Try to write down the exact details of what happened.
- Report the assault even if you don’t think you want to pursue legal action.
- Consider contacting the Abuse Counseling and Treatment (ACT) Emergency Shelter in Fort Myers at 1-800-500-1119.
- ACT, certified by the state of Florida, provides services, support, information, and referrals to sexual assault survivors. All services are confidential.

Safe Kids Day on April 28

Join the fun April 28 for Safe Kids Day at the Gulf Coast Town Center. Lee Health, Safe Kids Southwest Florida Coalition, and community sponsors are hosting Safe Kids Day to educate parents and help children learn ways to protect themselves. This family friendly event features local restaurants and businesses, age-appropriate injury prevention games, and educational booths.

Safe Kids Southwest Florida is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional childhood injury. Preventable injuries are the leading cause of death among kids in the United States. “Globally, a child dies from a preventable injury every 30 seconds,” says Sally Kreuscher, Safe Kids Coordinator at Golisano Children’s Hospital of Southwest Florida.

“Losing one child is one too many, and we don’t want any parent to have to endure the loss of a child,” Sally says. “We’re calling on everyone to come together, to raise awareness, and to get involved. Saving lives is a decision we can all make every day. Safe Kids Day is a great opportunity for families to access the information, and resources they need to keep their kids safe from tragedies such as drownings, car crashes, fires, and falls.”

Safe Kids Day
11 a.m.-2 p.m., April 28
Gulf Coast Town Center
Fort Myers, FL 33908

For more information, go to LeeHealth.org/safe-kids

Safe Kids Day

11 a.m.-2 p.m., April 28
Gulf Coast Town Center
Fort Myers, FL 33908

For more information on sexual assault prevention, go to LeeHealth.org/assault-prevention

To view online go to LeeHealthyNews.org
Computer Classes
Call 239-259-424-3765 to register for any class.

Windows 10 Part 1
9-11:30 a.m., April 2, 16 (3-week series)
Cape Coral Hospital Computer Lab
Cost: $36

Basic Computer Class
1-3:30 p.m., April 3, 17, 24 (5-week series)
Lee Memorial Hospital Computer Lab
Cost: $36

Microsoft Excel
1-3:30 p.m., April 17, 24, May 1 (3-week series)
Cape Coral Hospital Computer Lab
Cost: $24

Microsoft Excel
3-5 p.m., April 18 (2-week series)
Cape Coral Hospital Computer Lab
Cost: $36

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. $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 kdgd@comcast.net.

Blood Cancer Support Group
Weekly counseling sessions 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.

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

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 dietitian. 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. This program is available 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 mass index assessment, and four personal training sessions. Call Sarah Mitchell at 239-424-3231.

Tai Chi for Balance
2:30-3:30 p.m., Mondays
Brookdale Senior Living, 28650 S. Bay Drive, Bonita Springs
Certified nutritional therapist Suzanne Jeffries, MS Ed, presents. Call 239-948-2600 to register. Free.

Healthy Life Center/SHARE Club
S.A.F.E. Program
9-11 a.m., April 4
North Fort Myers Recreation Center
2000 N. Recreation Parkway
Call 239-424-3210 to register.

April is Parkinson’s Disease Awareness Month
Parkinson’s disease (PD) is a degenerative disorder of the central nervous system that belongs to a group of conditions called movement disorders. It is both chronic, meaning it persists over a long period of time, and progressive, meaning its symptoms grow worse over time.

The precise cause of PD is unknown, although some cases are hereditary and can be traced to specific genetic mutations. No cure for PD exists today, but research is ongoing and medications or surgery can often provide substantial improvement with motor symptoms.

Lee Health Wellness Centers offer exercise classes and support groups to improve the quality of life for patients who have Parkinson’s disease or its symptoms. To learn more, call the Healthy Life Center – Cape Coral at 239-424-3210, the Healthy Life Center – Coconut Point at 239-495-4475, or email HealthyLifeCenter@LeeHealth.org.

The Healthy Life Centers provide a variety of services and educational events that support healthy lifestyles, early detection of disease, and chronic disease management. All of the Healthy Life Centers’ programming is dedicated to maintaining and improving health.
Ortho/Neuro/Spine
Preoperative 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.
Positive Parent 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.
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 talking due to stroke.
Call Nancy Gizi 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 239-345-4960.
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 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.
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.
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 2019
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 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.
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.
Memory Care Support Group
4:30-6 p.m., second 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 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 239-343-1363 for Lee Memorial Hospital or 239-424-2371 for Cape Coral Hospital.
Mended Hearts National Support Group
6:30 p.m., April 19
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.
Cardiothoracic Surgeon Brian Hummel, M.D., will discuss the newest procedures available for different cardiac surgery procedures. Mended Hearts has several volunteer opportunities. For more information, email jfjansen@aol.com or call 239-461-0980.
Preoperative 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.
Coconut Point  
23190 Fashion Drive, Suite 105, Estero, FL 33928  
For reservations, call 239-495-4475.

**Free Blood Pressure Screenings**
- Tuesdays: 9 a.m.-1 p.m.
- Thursdays: 12-4 p.m.

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

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

**Sunset Yoga on the Lawn**
- 5-6 p.m.
  Join us on the lawn beside Florida Blue
  Call 239-495-4475 to RSVP

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

**Every Other Thursday (4/5, 4/19)**
- 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

**Tuesday, April 3**
- Step Wise Lee: Fall Prevention 
  2-3 p.m. RSVP

**Wednesday, April 4**
- Whole-Food, Plant-Based Living Monthly Meet Up 
  11 a.m.-noon RSVP

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

**Free Blood Pressure Screenings**
- Wednesdays: 8 a.m.-1 p.m.
- Saturdays: 8 a.m.-1 p.m.

**Walking Club**
- 7-7:30 a.m. Wellness Center 
  4-4:30 p.m. Main Entrance

**Every other Thursday (4/12, 4/26)**
- Fourth Trimester Club 
  10-11 a.m.
  Waiting Room: Family Birth Place
  Cape Coral Hospital
  Moms and children under 1 year

**Monday, April 2**
- Smart Shopping for Lowering Your Cancer Risk 
  Location: Publix 2420 Santa Barbara Blvd., Cape Coral, FL 33914 
  10-11:30 a.m.
  Call 239-424-3765 to register

**Friday, April 6**
- Updates On Hearing Loss 
  10-11 a.m. RSVP
  Dr. Maura Chippendale, audiologist

**Sunday, April 8**
- Exceptional Child Parenting Classes (8-week series) 
  2:30-4:30 p.m. Child care provided. 
  For questions and to register, call 239-343-6468

**Saturday, April 7**
- Mommy and Me Yoga 
  9-10 a.m. RSVP
  Location: Lakes Park Children’s Garden 
  7330 Gladiolus Drive, Fort Myers 
  33908

- Exceptional Child Parenting Classes (8-week series) 
  4-5 p.m.

**Monday, April 9**
- Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body 
  12-1 p.m. RSVP (Fee: $5)

**Tuesday, April 10**
- Lee Health Volunteer Information/Recruitment Session 
  11 a.m.-noon RSVP

- Open Up the Joints, Lighten Up the Aches and Pains 
  1:30-2:30 p.m. RSVP

- Whole-Food, Plant-Based Living Monthly Meet Up 
  5:30-6:30 p.m. RSVP

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

- Memory Café 
  10 a.m.-noon RSVP
  Cape Coral Hospital – Classroom A, 636 Del Prado Cape Coral, FL 33990

**Monday, April 13**
- Cooking Demo: Incorporating Plant-Based Milks 
  11 a.m.-noon RSVP

- Parkinson’s Functional Screening Clinic 
  Call 239-343-4960 for an appointment

**Monday, April 16**
- Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body 
  10-11 a.m. RSVP (Fee: $5)

- Self-Care Workshop 
  11:30 a.m.-12:30 p.m. RSVP

- Finding Hope for Living Well with Parkinson’s Disease 
  1:30-3:30 p.m. RSVP

**Tuesday, April 17**
- Alzheimer’s, Dementia, and Other Neurodegenerative Diseases 
  10:30-11:30 a.m. RSVP
  Dr. Salvatore Lacagnina, internist

- Young Again: A Baby Boomer’s Guide to Facial Rejuvenation 
  4-5 p.m. RSVP
  Dr. Patrick Flaharty, cosmetic surgeon

- Dementia Conversations: I Have the Diagnosis, Now What? 
  10-11 a.m. RSVP

**Wednesday, April 18**
- Advances in the Diagnosis and Treatment of Shoulder Pain 
  12-1 p.m. RSVP
  Dr. John Mehalik, orthopedic surgeon

- Guided Meditation for Wellness 
  5:30-6 p.m. RSVP

- Mental Health First Aid 
  8 a.m.-4 p.m.
  For questions and to register, call 239-343-6468
  Fee: $25

**Thursday, April 19**
- Past Life Regression Group Session 
  2-4 p.m. (Fee: $35)
  Call 239-495-4475 to register

**Saturday, April 21**
- Memory Café 
  10 a.m.-noon RSVP

**Healthy Life Center—Cape Coral**

**Healthy Life Center**
For your destination and services to education to support a healthy lifestyle.

For upcoming events, go to LeeHealth.org/HealthyLifeCenter.