Adapted Tango guides participants through a progressive series of Tango dance steps that focus on problems of balance, turning, forward and backward walking, as well as navigating complex environments.

Lee Health physical therapists Nathalie Grondin, PT, and Paula Shultzess, PT, DPT, launched the 12-week class as a research program to evaluate its use as a therapeutic tool in regular physical therapy sessions. Nathalie teaches classes twice a week at Healthy Life Center – Fort Myers. Paula conducts classes at Healthy Life Center – Cape Coral. The program began in March and ends in May.

Developed by research health scientist Madeleine Hackney, Ph.D., Adapted Tango guides participants through progressive series of tango dance steps that focus on problems of balance, turning, forward and backward walking, and navigating complex environments.

The program borrows from Argentine tango dancing, but the frame (positioning of partners relative to each other), some steps, and some positions are modified. “Adapted Tango has the same spirit and the general structure of Argentine tango,” Nathalie says. “Research has shown that the program’s steps, patterns, music, and partner aspects benefit specific PD impairments such as balance, mobility, endurance, and spatial awareness.”

Each hour-long class begins with a warm-up of breathing and stretching followed by group balance work, and ends with short sequences and dances. The exercise class progression is adapted to each participant’s tolerance level for activity and pace of learning.

“Caregivers participate in the program, as well, although they won’t always be partnered with their loved ones because everyone rotates in the class,” Nathalie explains. “Each participant has the opportunity to change roles as either the leader or the follower.”

Jack says the program challenges him. “I’m still working on my balance, but I’ll get there,” he says. “Nathalie is a very good teacher.” Ever the optimist, Jack intends to teach line dancing again.

Nathalie and Paula will offer Adapted Tango classes again later this summer. For more information, call 239-343-8858.

Jack Cook: "I'm still working on my balance, but I'll get there." He says, "Nathalie is a very good teacher." Ever the optimist, Jack intends to teach line dancing again.

Nathalie and Paula will offer Adapted Tango classes again later this summer. For more information, call 239-343-8858.
Suncoast Credit Union Gifts Lee Health Foundation with $150,000

Suncoast Credit Union presented Lee Health Foundation with a check for $150,000 that will fund the urgent care center and a new certified child life specialist position.

Child life specialists use play, preparation, and education to help children understand the care they are receiving and provide an easier, more comfortable experience for them and their guardians.

Golisano Children’s Hospital of Southwest Florida and Nicklaus Children’s Hospital partnered in 2016 to bring specialized medical care to kids and families in Naples.

The Golisano | Nicklaus Children’s Health Center offers pediatric specialty care, urgent care, and other health services.

To view the presentation, go to LeeHealth.org/Child-life

Child Life Specialists use Play to Prep Patients for Procedures

Rachel Wiik’s 5-year-old daughter Caylin was afraid to visit the doctor. Previous experience had left her feeling scared. When an otolaryngologist (ear, nose and throat specialist) ordered a CT scan through the Pediatric Sedation Unit at Golisano Children’s Hospital of Southwest Florida to evaluate her right ear, Rachel sought the help of certified child life specialist Kristin Brown.

Child life specialists (CLS) are child development experts who teach kids about the hospital while helping them and their families cope. They work in the outpatient and inpatient units at Golisano Children’s Hospital.

“Our goal is to make the hospital easier and more comfortable for kids,” Kristin says. “They may not understand what’s going to happen to them in this new environment, which can be scary for them.”

Child life specialists use play to help children relax during their stay in a health care setting. “Play can teach a patient about their upcoming procedure or a new diagnosis,” Kristin says. “It normalizes the hospital environment by providing distraction during procedures. Play also tells us how well patients understand what is happening and their ability to cope.”

Studies show that children who are prepared for medical procedures have less fear and anxiety. That promotes cooperation during procedures and helps them adjust to future medical experiences.

On the day of the procedure, Kristin met with Rachel and Caylin beforehand. Kristin played with Caylin for about 25 minutes to build rapport with her, then used an iPad to show her and Rachel pictures of a child going through the CT process: “We’ll walk the child through all steps of the procedure so there are no surprises,” Kristin says. “We try to relate the procedure back to something children are familiar with.”

Kristin told Caylin that getting a CT scan was like having her picture taken by a camera, but a much bigger camera that took pictures of the inside of her head instead of the outside.

“Caylin was scared going into the procedure,” recalls Rachel, who remained with her daughter, along with Kristin, during the scan. “When we got her in the examination room, she began to cry a little. Kristin got on the CT table first, lay down and let the technician move the bed with her on it. After seeing Kristin do that, Caylin got on the table, keeping her eyes on Kristin, listening to what she was explaining as the scanner took her pictures.”

Rachel says her daughter’s health care team from the sedation unit to the radiology unit, and Kristin, of course, were focused on Caylin’s coping and comfort level, which made the experience less stressful.

“Caylin did really well,” Rachel says. “I was relieved because I didn’t know how she was going to act in such a challenging environment. The child life specialist program made a huge difference.”

NEW! Healthy News is now mobile! Take us anywhere with you!

Join us online at LeeHealthyNews.org to read the same great stories in the palm of your hand.
Transform Your Mind, Body, and Spirit at the Lee Health Wellness Retreat

Sometimes in life you need to retreat to move ahead. In May, the Lee Health Inaugural Wellness Retreat will lead participants toward a healthier life balance. Scheduled for May 15-17 at the Pink Shell Resort on Fort Myers Beach, the retreat represents an opportunity to learn and experience a healthier lifestyle through nutrition, exercise, self-care, mindfulness, and integrated therapies.

“The Wellness Retreat presents an action plan for healthy living,” says Salvatore Lacagnina, D.O., Lee Health system medical director of wellness and employee health. “That’s the bottom line. It offers a holistic approach with information and techniques that will empower participants to make changes toward a healthier lifestyle.”

A holistic view encompasses the whole person—physical, mental, spiritual, behavioral, and social—not just symptoms and disease. The retreat will end with a goal-setting session that will inspire participants toward leading a more balanced life. Dr. Lacagnina says.

Lee Health physicians will discuss how a well-rounded, integrated approach to sleep, nutrition, stress management, and brain health relates to self-care, which reduces the incidence of chronic diseases. Participants will be able to explore options like integrative medicine, which incorporates acupuncture, massage, nutrition, Reiki, and other treatments.

“The Wellness Retreat will touch on all six parts of our wellness wheel: nutrition, physical activity, quality sleep, stress management, mental health, and purposeful living,” says Christin Collins, system director of health and wellness. “It’s designed to help people grow in their journey, meeting them where they are and helping them thrive.”

The three-day retreat includes wellness seminars, presentations, and activities, two lunches, two dinners and for guests who stay at the resort, a hotel breakfast at the Pink Shell Resort & Marina.

Wellness Retreat highlights include:

- Lectures and classes
  - Find out how to beat stress, get better sleep, and find focus through mindfulness.
  - Learn about the body, mind, and spirit connection through integrative medicine and alternative therapies.
  - Learn about the health benefits of a plant-based diet and how to plan meals and snacks.

- Activities
  - Practice yoga on the beach or a sunset meditation.
  - Partake in a Latin line-dancing social or a mindful nature walk.

For more information about the retreat, or to make a reservation, call 239-495-4475 or go to leehealth.org/wellness-retreat

Judith “Anne” Petrin: A Lee Inspiration

Judith “Anne” Petrin, ARNP, originally went to college on a journalism scholarship but changed her mind about a journalism career. “I decided it was much too nosy,” she says, with a laugh. “I didn’t want to ask personal questions.”

So, the Fort Myers native asked herself, “What kind of job could I get that would allow me to work anywhere in the world?” I had no idea what nurses did, but I found nursing the most fascinating job. For anyone in nursing, there’s always a role. All you have to do is find your niche.”

Anne is a Lee Physician Group advanced registered nurse practitioner (ARNP) and specialist in the Geriatrics Memory Care Program at Lee Health. She joined Lee Memorial Hospital in 1980 after earning her nursing degree at the University of South Florida in Fort Myers. She left Lee Health after 13 years but returned to stay in 2003, specializing in geriatric medicine and neuropsychology.

Anne found her niche at the Memory Care Clinic, one of 15 state-designated memory disorder clinics. The facility evaluates, diagnoses, treats, and counsels people with memory problems.

“It’s my absolute passion,” she says. “What makes me happy every day is meeting the patients on my schedule and working with their families to help them through their challenges. I follow some patients for years, which creates a special bond.”

Anne, who once wanted a career she could take with her anywhere in the world, stayed close to home. She lives in Fort Myers with her husband, Rendy Petrin, a registered nurse who is also system director of Lee Health radiology and respiratory services. Rendy’s mother shares their home, and Anne’s mother lives nearby.

When Anne’s and Rendy’s work schedules allow, they enjoy traveling the world by cruise ship. They have sailed to distant lands, including Ireland, Scotland, Normandy, Australia, and New Zealand.

Judith Anne Petrin, ARNP
Lee Physician Group
Memory Care
12600 Creekside Lane, Suite 7
Fort Myers, FL 33919
239-343-9220
Congratulations to Our Physician of the Month!

James Toomey, M.D.
Infectious Diseases
Lee Physician Group
9981 S. HealthPark Drive
Suite 454
Fort Myers, FL 33908
239-343-9710

The Staff and Administration of Lee Health are pleased to announce James Toomey, M.D., as Physician of the Month.
The physician is chosen through nominations from employees, volunteers, and other physicians on staff based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.

This month we salute Dr. Toomey for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Toomey as a respected member of our medical staff since May 2007.

The Doctor Can See You Now - on Weekends

For many patients, making time to see their doctor during a busy week is almost impossible. Also, some parents worry about taking their children out of school and missing class time to make a physician appointment.

Lee Physician Group offers time-constrained patients weekend appointment hours at select locations. The hours are open only to patients of Lee Physician Group.

“Weekend access for appointments is a special service provided to our Lee Physician Group primary care patients,” says Tammy Powell, system director of Practice Operations for Primary Care. “We offer Saturday hours from 9 a.m. to 5 p.m. and Sundays from noon to 5 p.m. at three locations.”

Weekend access gives patients timely care for things such as sore throats and runny noses along with other common services.

Tosha Battle, practice director, LPG family/internal medicine, said weekend visits work well for patients and families because they offer same-day appointments and shorter wait times.

“This access gives LPG primary care patients an option to schedule an appointment when they’re not feeling well during the weekend, providing an alternative to urgent care or the emergency department when those levels of service are unnecessary,” Tosha says.

Lee Health prides itself on providing easier, more convenient care throughout the region to help community members stay in charge of their health and well-being.

“Our weekend access regional locations support LPG’s mission to provide the right care at the right time for our patients,” Tammy says.

Lee Physician Group Weekend Hours and Locations

Locations:
9131 College Pointe Court
Fort Myers, FL 33919
8960 Colonial Center Drive, Suite 300
Fort Myers, FL 33905
2441 Surfside Blvd., Suite 200
Cape Coral, FL 33914

Hours:
9 a.m. to 5 p.m. Saturdays
Noon to 5 p.m. Sundays
To make a weekend appointment, call 239-481-4111.

For more information on Lee Health – Coconut Point, go to LeeHealth.org/Coconut-point

Shaping up: Lee Health - Coconut Point Update

Construction continues on Lee Health – Coconut Point, the 163,500 square feet outpatient medical complex that will bring emergency and outpatient medical care services to residents of south Lee County.

The facility, slated to open later this year, will feature Lee Health’s first freestanding, 24-hour emergency center and a medical office complex for primary and specialty care physicians.

Other medical services will include:
- Surgery center
- Short-stay observation and recovery beds
- Diagnostic imaging
- Laboratory and pharmacy
- Breast Health Center
- Cardiac testing
- Rehabilitation services

Also, Healthy Life Center – Coconut Point, currently situated in the mall at Coconut Point, will relocate to the first floor of the medical building. The center connects residents and visitors to health screenings, lectures, programs and services, and health care providers.

The construction team continues to work diligently for a December occupancy, according to Alex Greenwood, vice president, Lee Health – Coconut Point. “We are busy but being very deliberate in our plans,” Alex says. “This is going to be a special place that reflects the community’s culture and focus on health and wellness.”

The facility, under construction since last May, was designed to meet hospital building codes with the aim of someday adding a hospital. The proposed 62-bed hospital tower would connect to the main building of the medical campus.
Sit Less, Move More, Live Longer

If you want to increase your chances of living longer, move your body. Science shows that physical activity can reduce your risk of dying early from leading causes of death such as heart disease and some cancers.

Regular physical activity impacts your health as much as any lifestyle choice you can make, says Erika Graziani, RD, a registered dietitian and nutritionist with Lee Health.

“Physical activity is about moving and not sitting,” Erika explains. “If you have a daily routine of exercising for 30 minutes, but you are sedentary the rest of the day, that amount of physical inactivity still puts you at risk for chronic diseases.”

Physical activity involves moving or engaging in a movement that expends energy. It could be as simple as doing laundry or walking through the house.

Both regular physical activity and exercise are important, Erika notes. “All physical activity positively contributes to overall health,” she says.

Get moving:
• Encourage your family to make small changes, like taking walks after dinner or going for bike rides.
• Walk the dog with the whole family.
• Instead of calling friends, take a walk together to catch up.
• Park your car as far away as possible, so you have to walk a long distance from your destination.
• Walk or cycle to run errands in your community.
• Wash the car.
• Sign up for dance lessons with a friend.

People who are physically active for about seven hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. “You don’t have to do high amounts of vigorous activity to reduce your risks,” Erika says.

“About 150 minutes a week of moderate-intensity aerobic activity can be effective. Always start slowly if you’re new to exercise.”

Erika understands that fitting 30-minutes of exercise into a busy schedule can pose a challenge. “If you’re pressed for time, break it up into three segments of exercise for 10 minutes each,” she says.

Convenient Care Offers a Less Costly Alternative to Emergency Care for Nonlife-Threatening Issues

Lee Health Convenient Care Centers, Open Daily

The following locations are open 7 a.m.-7 p.m.
Page Field
4771 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9800

Summerlin
16230 Summerlin Road
Fort Myers, FL 33908
239-343-7454

The following locations are open 7 a.m.-9 p.m.
Metro Parkway
13340 Metro Parkway
Fort Myers, FL 33966
239-343-0490

Pine Island Road
1682 NE Pine Island Road
Cape Coral, FL 33909
239-424-1655

The following location is open 11 a.m.-11 p.m.
Kid’s Urgent Care
Golisano|Nicklaus Children’s Health Center
3361 Pine Ridge Road, #101
Naples, FL 34109
239-254-5920

For more information, go to:
tinyurl.com/UrgentCareVideo

Convenient Care Saves Time and Money without an Appointment

There’s no good time to be sick or injured. That’s why Lee Health Convenient Care clinics offer extended hours—before and after the work day—seven days a week. If you have a nonlife-threatening health issue or are unable to immediately see your primary care doctor, the urgent care walk-in clinic offers immediate access to quality, hospital-affiliated health care provided by Lee Physician Group physicians and skilled nurses—without an appointment.

Did you know that 80% of all ER visits can be treated at an urgent care center?

For more information, go to leehealth.org/urgent

All locations can access your electronic health record. No appointment is necessary and most insurance plans are accepted.

Reap these benefits with physical activity:
• Help control weight
• Reduce the risk of cardiovascular disease
• Reduce the risk of type 2 diabetes and metabolic syndrome
• Reduce the risk of some cancers
• Strengthen bones and muscles
• Improve mental health and mood
• Increase the chances of living longer

#MOVEINMAY
Cancer

Gentle Exercise Classes
10-11 a.m., every Monday
Regional Cancer Center, fourth-floor conference room
This class is designed for individuals who are receiving treatment or have had surgery and are not yet able to do cardio exercise. 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 kgod@comcast.net.

Blood Cancer Support Group
Times and dates vary
Registration is required. Contact Seth Berkowitz at 800-955-4572 or Seth.Berkowitz@LLS.Org.

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

Cancer Nutrition Seminar
2-3 p.m., second Wednesday of each month
Regional Cancer Center, fourth-floor conference room
Monthly seminar is for oncology patients, survivors, and caregivers. Oncology dietitians will present food demonstration, tastings, and recipes. Call 239-343-9577 or email TaylorLawless@LeeHealth.org.

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

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

Oral, Head and Neck Cancer Support Group
3-4 p.m., fourth Tuesday of each month
Gulf Coast Medical Center Medical Office Bldg. 13665 Doctor's Way, Suite 250, Fort Myers
Call Stacey Brill at 239-343-1645.

Thyroid Cancer Support Group
10:30 a.m.-noon, third Saturday of each month
Lee Health Center - Cape Coral
Call Sally Fontaine at 239-590-0797 or talerf@comcast.net.

Mastectomy Pre-Operative Education Class
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. Class size is limited; call 239-343-9500.

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.
Contact Patricia Trione at 239-343-9549 or Patricia.Triere@LeeHealth.org.

Abdominal Surgery Pre-Operative Education Class
9:30-11 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.
Contact Bobbi Marino at 239-343-9502 or Bobbi.Maroni@LeeHealth.org.

Gastro-Eosophageal Cancer Support Group
4-5 p.m., second Tuesday of the month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502 or Bobbi.Maroni@LeeHealth.org.

Pancreatic & Biliary Cancer Support Group
4-5 p.m., third Thursday of the month
Regional Cancer Center, fourth-floor conference room
Ideal for patients and caregivers to learn, share, and support others fighting these cancers.
Contact Bobbi Marino at 239-343-9502 or Bobbi.Maroni@LeeHealth.org.

Cancer Caregiver Support Group
10:30-11:30 a.m., second Thursday of the month
Regional Cancer Center, Suite #302, Conference Room
This is a support group only for caregivers who need a place to share feelings, coping strategies, concerns, and hope. Call 239-343-9500 or contact Monica Dunkley at monicafornimmi@centurylink.net.

Diabetes

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

Pregnancy and Diabetes Program
Weekly classes are available.
An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.
Call 239-424-3127 to register.
Diabetes Prevention Program
This is a year-long program. This Centers for Disease Control and Prevention program helps those with pre-diabetes prevent or delay the onset of type 2 diabetes. 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 dietician. This program is available for adults and pediatric patients. Call 239-424-3120.

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

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

Tai Chi for Balance
Call Sarah Mitchell at 239-424-3231.

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 239-343-5101 or email Lorena.Rodriguez@LeeHealth.org.

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.

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.

Acupuncture
1-2 p.m., Mondays and Wednesdays Healthy Life Center—Cape Coral. Needle acupuncture and herbal therapy. Call 239-424-3220.

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

Positive Parent Support Group
6:30-7:30 p.m., third Thursday of every month. Greater Naples YMCA, 5450 YMCA Road, Naples. Provided by Golisano Children’s Hospital of Southwest Florida in collaboration with the Greater Naples YMCA. Call 239-597-3148.

Support Groups/Classes
Vestibular Support Groups
Meet once a week for 2½ hours—day and evening locations available. Fort Myers and Cape Coral. Parents learn how to focus on their strengths and set appropriate expectations for their children. Free classes with free child care available for infants and toddlers. Call 239-939-2808.

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 (Se habla español) Board-certified lactation consultants will facilitate. Bring your babies—siblings are welcome!

Support Groups/Classes
Pulmonary Fibrosis Support Group
1-3 p.m., second Wednesday of each month. Lee Memorial Hospital, MOC, room 705

All’s Well About You, Chronic Disease Self-Management Program
Time and Date: Varies
This free 6-week program teaches you the tools necessary to 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.

Chronic Pain Self-Management Program
Time and Date: Varies
This free 6-week program teaches you the tools necessary to 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.

Huffters and Puffers
1-5 p.m., third Friday of each month Lee Memorial Hospital/MOC Bldg, 8705 For more information, call 239-343-3520.

Organ Transplant Recipients of Southwest Florida
1:30 a.m.-5:30 p.m., first Thursday of each month The Outpatient Center at the Sanctuary, second floor meeting room Support group members represent all forms of organ transplants, such as heart, lungs, kidneys, liver, pancreas, corneas—as well as caregivers, those awaiting transplants, donor families, and anyone interested in transplantation. A light lunch is provided. Visit organsupport.org or call 239-247-3073.

Trauma Survivor Support Group
6:30-7:30 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 239-343-2124.

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 239-343-3493 for Lee Memorial Hospital or 239-424-2377 for Cape Coral Hospital.

Mended Hearts National Support Group
HealthPark Medical Center 6:30 p.m., May 16 Sanibel/Captiva Room, lobby floor Mended Hearts is a national support group for individuals and families with heart disease. Lee Health President and CEO Larry Antonsrud, M.D., MBA, will present. Mended Hearts has several volunteer opportunities. For more information, email jfansen@aol.com or call 239-461-0980.
Healthy Life Center—Coconut Point

**Healthy Life Center Celebrates National Senior Health and Fitness Day**

**Wednesday, May 30**

**Active Today...Healthier Tomorrow!**

- **Babcock Ranch**: 239-424-3210
- **Cape Coral**: 23190 Fashion Drive, Suite 105, Estero, FL 33928
- **Lee Health Coconut Point**: 239-495-4475

**Bakay Park, Estero**

**Free Blood Pressure Screenings**

- **Tuesday, May 29**
  - 10 a.m.-11 a.m. RSVP

**Nutrition for Seniors**

- **Tuesday, May 29**
  - 10 a.m.-11 a.m. RSVP

**Guided Meditation for Wellness**

- **Wednesday, May 23**
  - 2:30-3 p.m. RSVP

**The Ketogenic Diet**

- **Friday, May 25**
  - 2-4 p.m. (Fee: $40)
  - Call 239-495-4475 to register

**Computer and Technology Classes**

- **Tuesday, May 22**
  - Cape Coral Hospital Computer Lab
  - 239-424-3765 for pricing and registration

**CPR Friends & Family**

- **Tuesday, May 29**
  - 12-1 p.m. at Cape Coral Hospital Computer Lab
  - 239-424-3765 for pricing and registration

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- **Wednesday, May 23**
  - 2:30-3 p.m. RSVP

**The Ketogenic Diet**

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  - Call 239-495-4475 to register

**Revitalizing Breath Work**

- **Tuesday, May 22**
  - 8:30-9:30 a.m.
  - **Nutrition for Seniors**
  - 10-11 a.m.
  - Call 239-424-3220

**Babcock Ranch**

- **CPR Friends & Family**
  - 12-1 p.m.
  - **Nutrition for Seniors**
  - 10-11 a.m.
  - Call 239-424-3220

**Cape Coral**

- **CPR Friends & Family**
  - 12-1 p.m.
  - **Nutrition for Seniors**
  - 10-11 a.m.
  - Call 239-424-3220

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  - 10-11 a.m.
  - Call 239-424-3220

**CPR Friends & Family**

- **Tuesday, May 22**
  - 12-1 p.m.
  - **Nutrition for Seniors**
  - 10-11 a.m.
  - Call 239-424-3220

**Healthy Life Center Celebrates National Senior Health and Fitness Day**

**Wednesday, May 30**

**Active Today...Healthier Tomorrow!**

- **Babcock Ranch**: 239-424-3210
- **Cape Coral**: 23190 Fashion Drive, Suite 105, Estero, FL 33928
- **Lee Health Coconut Point**: 239-495-4475

**Bakay Park, Estero**

**Free Blood Pressure Screenings**

- **Tuesday, May 29**
  - 10 a.m.-11 a.m. RSVP

**Nutrition for Seniors**

- **Tuesday, May 29**
  - 10 a.m.-11 a.m. RSVP

**Guided Meditation for Wellness**

- **Wednesday, May 23**
  - 2:30-3 p.m. RSVP

**The Ketogenic Diet**

- **Friday, May 25**
  - 2-4 p.m. (Fee: $40)
  - Call 239-495-4475 to register

**Computer and Technology Classes**

- **Tuesday, May 22**
  - Cape Coral Hospital Computer Lab
  - 239-424-3765 for pricing and registration

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