Annual physical exams with a child’s primary care physician help families become partners in their child’s health. “Some people think physicals are only for athletes, but our brains are important muscles too,” says Nancy Witham, M.D., a pediatrician with Lee Physician Group. “Everyone, not just athletes, needs an annual check-up.”

In Dr. Witham’s experience, an annual physical can sometimes identify “one little thing” that, if left unaddressed, could develop into a bigger issue. “We talk about how your child is eating, sleeping, feeling, and doing in school,” Dr. Witham says. “Common issues—and possibly surprising ones—are sleep problems, allergies or skin issues, diet, and bowel-function issues.”

The physical exam includes height and weight measurements, a vision test, a physical exam, and a review of the child’s medical and vaccination history.

“I find that if exams are done every year, most children eventually dread them less and less,” Dr. Witham says. “Many years don’t require routine shots—usually from ages 4 to 11—and parents and their children come to see the visit as a chance to learn about their health.”

For busy families, Lee Convenient Care clinics offer extended hours—before and after the work day—seven days a week.

• Immediate access to quality, hospital-affiliated health care is provided by Lee Physician Group physicians and skilled nurses.
• No appointment is necessary.
• Physicals include a vision test, a physical exam, and a review of the child’s medical history.
• The cost is $25.
Heat Stroke and Heat Stroke Prevention
Avoid, Spot, and Treat

Avoid
When the temperature is high, stay indoors.
If you must go outside, dress properly and take breaks often.
Drink plenty of water.
Know if you’re at high risk for heat stroke and heat exhaustion.

Spot
Signs and symptoms of heat exhaustion include:
• High body temperature
• The absence of sweating, with hot red or flushed dry skin
• Rapid pulse
• Difficulty breathing
• Hallucinations, confusion, agitation
• Seizure or coma
Common symptoms and signs of heat stroke include:
• Nausea, vomiting
• Fatigue, weakness
• Headache, dizziness
• Muscle cramps and aches
• Always notify emergency services immediately if heat stroke is suspected.

Treat
Move the victim to a shady area or indoors. Do not give the person fluids.
Cool the body by:
• Placing person in a cool (not cold) bath or shower
• Spraying the person with a garden hose
• Sponging the person with cool water
• Fanning the person
• Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

To learn more about how to protect your children from heat dangers, go to Leehealth.org/heat-stroke

Summer in Southwest Florida means plenty of outdoor activities for children. More importantly, it means making sure your child is taking the correct health and safety precautions when riding a bike or playing in water.

Swimming
Most drowning incidents nationwide occur between Memorial Day and Labor Day, according to Jamie Hoover, child advocacy coordinator with Golisano Children’s Hospital of Southwest Florida. “Last year, Florida again led the nation in lives lost to drowning,” Jamie says. “Nationally, drowning is the leading cause of unintentional death for children from 1 to 4 years of age. These deaths are 100 percent preventable.”

Water Safety Tips
• Never leave a child unattended in a pool or spa and always watch children around any body of water. Designate a water watcher to supervise children in the pool or spa.
• Learn how to swim and teach your child how to swim.
• Learn how to perform CPR on children and adults.
• Keep children away from pool drains, pipes, and other openings to avoid entrapments.
• Ensure any pool and spa you use has drain covers that meet federal safety standards.

Bike
Properly fitted helmets can reduce the risk of head injuries by at least 45 percent—yet less than half of children 14 and younger usually wear a bike helmet.

“When shopping for a child’s helmet, include your child in the process,” says Sally Kreuscher, Safe Kids Coordinator with Golisano Children’s Hospital. “Children who pick out their helmet are more likely to wear it.”

Bike Safety Tips
• Always wear a safety-approved helmet and stop at all stop signs and stoplights.
• Ride on the right side of the road, with the flow of traffic.
• Use appropriate hand signals and make eye contact with drivers.

Sun
As temperatures begin reaching well into the 90s, remember to apply sunscreen, limit your exposure to the sun, and protect your eyes with sunglasses.

Sun Protection Tips
• Use a broad-spectrum sunscreen with an SPF of 30 or higher.
• Wear clothing and a wide-brimmed hat to protect as much skin as possible.
• Seek shade when possible, and remember that the sun’s ultraviolet rays are strongest between 10 a.m.-4 p.m.
Kidney Recipient Tees off Again, One Year Later

A year ago, Bill Gard couldn’t wash his car without having to lie down afterward for two hours. “Before my kidney transplant, doing something like that wore me out,” Bill says. “I had hardly any energy. Now, I’m back to playing nine holes of golf.”

Last August, the 74-year-old underwent a kidney transplant at Gulf Coast Medical Center, ending 14 months of at-home dialysis after his kidneys failed in 2016. The treatment took 10 hours every night, mostly while he slept.

“That’s when I began to consider getting a kidney transplant,” Bill says. “I’d heard that Lee Health had resumed its transplant program in March 2017, so I contacted Dr. Biondi and her team for evaluation.”

Lynsey Biondi, M.D., program director, and Gautham Mogilishetty, M.D., medical director, lead the Lee Health transplant team at Gulf Coast Medical Center, assisted by fellow members Shalini Salih, M.D., a transplant nephrologist, and Jacfranz Guiteau, M.D., a transplant surgeon.

“How can we be there. It was in Sarasota, visiting a friend at the time. “Then I got a text indicating the center had a kidney waiting for me. I replied that I’d be there by noon.”

Bill started the transplant procedure at 5 p.m. “Sometimes, kidneys take a while to start functioning in some patients,” Dr. Biondi says. “Not Mr. Gard’s. His new kidney began working right away.”

By 10 p.m., Bill had a new, functioning kidney. A week later, he went home from the hospital. “If my stay hadn’t occurred over the weekend, I probably could have gone home sooner,” Bill says. “I had some pain at first but not much. By the end of the week, I had hardly any pain. I went home without any pain medication.”

Gulf Coast Medical Center restarted the transplant program last March and already has performed 29 kidney transplants. Hospital staff and transplant recipients recently celebrated the new program with a special ceremony. Bill gard made sure to be there.

“Kidney transplantation is a treatment option that can add years to your life,” Dr. Biondi says. “Patients who receive a kidney transplant have a longer life expectancy compared to those who stay on dialysis treatment. Part of our mission is to educate people. I live in Minimar Lakes, so my trip is short to Gulf Coast Medical Center. As expected, I have a lot of follow-up appointments.”

Dr. Biondi notes that Bill’s visit also included lab work. The team met to discuss the results a few days later and determined him as an eligible candidate for a kidney transplant. Her team ensured that Bill’s medical insurance, health care, and social services were in place and then placed him on a national deceased donor waitlist.

Bill waited five months for a kidney. Then last August, he received an out-of-state call on his cell phone.

“I didn’t recognize the number, so I didn’t answer,” Bill recalls with a chuckle. He was in Sarasota, visiting a friend at the time. “Then I got a text indicating the center had a kidney waiting for me. I replied that I’d be there by noon.”

In August 2018, Bill Gard will celebrate one year with his new kidney. Lynsey Biondi, M.D., directs the kidney transplant program at Gulf Coast Medical Center.
Congratulations to Our Physician of the Month!

Jon Brillman, M.D.
Neurology
13601 Plantation Road, #3
Fort Myers, FL 33912
(239) 343-0958

The Staff and Administration of Lee Health are pleased to announce Jon Brillman, M.D., as Physician of the Month. Employees, volunteers, and other physicians on staff choose the physician based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.

This month, we salute Dr. Brillman for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Brillman as a respected member of our medical staff since January 2010.

Is Your Child Snoring?
Obstructive Sleep Apnea Happens to Kids, too

Until earlier this year, 7-year-old Katie Cala Martinez snored when she slept. In the morning, she’d awake feeling tired, leading to concentration problems at school.

“She’d also choke on her food while eating,” recalls Katie’s mother, Yusimi Martinez-Ayala. “Although Katie was tired from not sleeping at night, she was hyperactive during the day. She tossed a lot in bed when she slept.”

Sleep specialist Tracy Carbone, M.D., says snoring is not a condition restricted to adults. “If your child snores, it could be a sign he or she suffers from obstructive sleep apnea,” Dr. Carbone says. “Obstructive sleep apnea (OSA) can also affect babies and infants, she adds.”

Obstructive sleep apnea is a breathing disorder in which a person repeatedly starts and stops breathing during sleep. “It happens when the muscles relax during sleep, causing soft tissue in the back of the nose and throat to collapse inward and block the upper airway,” Dr. Carbone explains.

When Yusimi brought Katie to Dr. Carbone for evaluation, Katie’s symptoms suggested obstructive sleep apnea. Dr. Carbone ordered a comprehensive diagnostic test that consisted of an overnight sleep study at the Pediatric Sleep Center at HealthPark, adjacent to the Golisano Children’s Hospital of Southwest Florida.

During a sleep study, technicians attach small sensors to the child’s body using a mild adhesive or tape. A computer reads the sensors and then provides information about the child’s sleep quality and habits. The studies are painless and risk-free.

Katie Cala Martinez had her sleep apnea successfully treated at Golisano Children’s Hospital of Southwest Florida. Yusimi Martinez-Ayala says her daughter, 7, sleeps soundly now.

Does your child show signs of OSA?

Nighttime signs:
• Frequent snoring, often associated with pauses, snorts, or gasps
• Heavy breathing while sleeping
• Restless sleep
• Mouth breathing
• Sweating during sleeping
• Unusual sleeping positions (neck propped up on pillows to extend it)

Daytime signs:
• Chronic nasal congestion
• Mouth breathing
• Dry mouth
• Morning headaches
• Garbled speech
• Trouble swallowing or choking on foods
• Frequent infections
• Constant runny nose

The study confirmed Dr. Carbone’s suspicion. Katie had obstructive sleep apnea due to adenoids and tonsils leading to blockages of Katie’s upper airway during sleep. She was referred to an ear, nose, and throat specialist to discuss surgery.

Last March, Katie underwent an adenotonsillectomy (an operation to remove the adenoids and tonsils) at Golisano Children’s Hospital.

“Katie sleeps like a baby now,” Yusimi says. “And she can concentrate more in school because she’s finally getting the sleep she needs.”

Dr. Carbone urges parents to monitor their child’s sleep habits. Lack of optimal quality sleep affects mental health, academic performance, peer and parent relations, immune system function, and overall health, she says.

“Children who get enough sleep have a lower chance of being overweight, get better grades, and have an overall better quality of life,” Dr. Carbone says.

Tracy Carbone, M.D.
Pediatrics
LPG Sleep Medicine
13601 Plantation Road, Suite 3
Fort Myers
239-343-0762

Katie Cala Martinez had her sleep apnea successfully treated at Golisano Children’s Hospital of Southwest Florida. Yusimi Martinez-Ayala says her daughter, 7, sleeps soundly now.

“Snoring is not a condition restricted to adults.”
Lee Inspiration: Keisha Andrews

Keisha Andrews, RN, calls herself a “natural caregiver.” A native of Jamaica and the third oldest in a family of seven children, Keisha nurtured her siblings growing up. “I often put others first, so naturally I gravitated toward nursing as a career,” she says.

Keisha is one of three ambulatory RN care coordinators with Lee Community Healthcare, which operates in North Fort Myers, Cape Coral, and Dunbar. Lee Community Healthcare, affiliated with Lee Health, provides primary medical care to the uninsured and underinsured in Lee County.

Before starting her nursing career, Keisha served as program director for nine years at Healthy Families’ New York program. “The program provides case management services to prenatal and new birth parents,” she says. “During my work there, I saw the need and gaps in health care. I figured that I could bring another perspective to the nursing role with my case management and leadership experience. That’s when I decided to officially pursue nursing.”

Keisha earned her associates in nursing and Bachelor of Science in nursing at Brooklyn’s CUNY Medgar Evers College in 2012 and 2014, respectively. She also has a Bachelor of Arts in English from Hunter College in New York City.

In 2016, she relocated with Sharrieff, her husband, and two teenaged sons to Cape Coral from New York City. As a care coordinator, Keisha advocates the delivery of quality, efficient, and cost-effective patient-centric health care services. She works with moderate- to high-risk patients with chronic conditions.

“My job suits my natural ability,” Keisha says. “I enjoy empowering people, educating them about their illnesses, and following them throughout the continuum of care. It’s transformative work.”

Don’t Wait: Make Your Hurricane Plan Now

Southwest Florida offers a tropical paradise with year-round sunshine. But all that sunshine comes with a risk of hurricanes from June 1 to Nov. 30, with the peak occurring between mid-August and late October. Take some time to prepare for a hurricane before the season begins.

Basic Hurricane Tips:

• Know your hurricane risk. Contact Lee County Emergency Operations Center (LCEO) at 239-533-0622 for more information.
• Create a Family Emergency Plan. Get started using LCEO’s plan at www.leegov.com/publicsafety/emergencymanagement/plan
• Create or restock your family emergency supply kit. For help creating yours, visit LCEO’s www.leegov.com/publicsafety/emergencymanagement/prepare/disabilities/emergency-supply-kit
• Plan shelter options. Get a list of available shelters at www.leegov.com/publicsafety/emergencymanagement/shelters/specialneedsprogram

• Know your evacuation route.
• For more tips on preparing for a hurricane, visit www.ready.gov/hurricanes

Special Needs Shelter

The Lee County Special Needs Program offers shelter and transportation to qualified Lee County residents at no cost. If you or a loved one requires assistance that exceeds services provided at a general population shelter, you must preregister with Lee County Emergency Management.

For more information or to preregister, call 239-533-0640 or visit tinyurl.com/SpecialNeedShelter.

Lee Health hospitals and facilities are not hurricane shelters.
Cancer
Know Nutrition Now: 2018
“Hydration Tips and Supplements to Sip.”
2-3 p.m., second Wednesday of each month
Regional Cancer Center, fourth-floor conference room
Summer months are hot! For cancer patients it can be hard to hydrate, let alone get extra calories and protein. How do you get in enough fluids? Which nutrition drinks are the best to meet your needs?

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.

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

Blood Cancer Support Group
Tuesdays and dates vary
Registration is required. Contact Seth Berkowitz at 800-955-4572 or Seth.Berkowitz@illinois.edu.

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.

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.Marino@LeeHealth.org.

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

Oral, Head and Neck Cancer Support Group
3-4 p.m., fourth Tuesday of each month
Gulf Coast Medical Center Medical Office Bldg., 13685 Doctor’s Way, Suite 250, Fort Myers
Call Stacey Birl at 239-343-1645.

Thyroid Cancer Support Group
10:30 a.m.-noon, third Saturday of each month
Regional Cancer Center, 15290 Bass Road, Fort Myers
Contact Sally Fontaine at 239-590-0797 or Tarandeep@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.

Breast Cancer Support Group
3:30-5 p.m., first Monday of the month
Regional Cancer Center
Contact Patricia Tirone, LCSW, at 239-343-9549 or Patricia.Tirone@LeeHealth.org.

Abdominal Surgery Pre-Operative Education Class
9:30-10:15 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.Marino@LeeHealth.org.

Healthy Life Center
Healthy Life Center - Babcock Ranch
42880 Crescent Loop, Suite 100
Babcock Ranch, FL 33982
For reservations, call 239-343-3540.

Nutritional Management of High Cholesterol
3-4 p.m., July 10

Family Yoga
9-10 a.m., July 14

Kindness Rocks Project
10-11 a.m., July 19

Introduction to Brain Boosters
10-11 a.m., July 25

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

Nordic Pole Walking for a Full Body Workout
9-10 a.m., July 12

How to Set Realistic Health Goals
1-2 p.m., July 16

Exercise is Medicine: Using Exercise to Improve Your Heart
10-11 a.m., July 26

Occupational Therapy Screenings
10 a.m. – noon, July 30

Healthy Life Center - Cape Coral
609 SE 13th Ct., Cape Coral
For reservations, call 239-424-3220.

It’s Heating up! Grilling Basics Cooking Demo
11 a.m. – noon, July 17

Leaky Gut
4-5 p.m., July 24

Car Seat Safety Class
5:30-6:30 p.m., July 26

Balance Screenings
1-3 p.m., July 31

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 239-424-3202.

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.

Gastro-Esophageal Cancer Support Group
4-5 p.m., Second Tuesday of the month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502 or Bobbi.Marino@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.Marino@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 monicafrommiami@centurylink.net.

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Weight Management
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Individualized weight loss counseling with a registered dietitian.
This program is available for adult and pediatric patients.
Call 239-424-3202.
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, 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.

Certified nutritional therapist Suzanne Jeffries, MS Ed, Brookdale Senior Living, 28650 S. Bay Drive
Bonita Springs
Certified nutritional therapist Suzanne Jeffries, MS Ed, presents.
Call 239-948-2600 to register. Free.

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.

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

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 Gizo at 239-424-3072.

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

Pregnancy/Parenting
Pregnancy & Diabetes Program – Available in English & Spanish
Weekly classes available.
Location: Please call for more information.
Education program for expectant mothers with diabetes or gestational diabetes.
Call 239-424-3072.

Childbirth Preparation Traditional Course
9 a.m.-5 p.m., Saturdays throughout the year
HealthPark Medical Center
This includes four hours of classroom instruction taught by nurses who are certified by the International Childbirth Education Association (ICEA). $60 per couple.
Call 239-343-5271 or visit LeeHealth.org/BirthEd.

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

Baby Care & Car Seat Safety
Classes take place throughout the year.
Times and dates vary.
This one-time class helps expectant parents become more comfortable and confident in their parenting role. This class also teaches parents how to properly use and install child restraints.
$20 per couple, $5 per additional person in attendance.
Call 239-343-5101 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.

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

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

Breastfeeding Club
11-12 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
Vestibular Support Groups
Groups meet quarterly in various locations throughout Lee County. Call 424-3765 to register.

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

It’s All About You, Chronic Disease Self-Management Program
Time and Date: Varies
This free 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses. Many of the workshop leaders also have a chronic illness.
For more information, call 239-343-9264.

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

Huffets and Puffers
1-3 p.m., fifth Friday of each month
Lee Memorial Hospital/MOC Bldg. #705
A support group for people suffering from chronic bronchitis, emphysema, bronchiectasis, and other lung conditions.
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
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 organtransplant.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 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
4:30-6:30 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 239-424-3377 for Cape Coral Hospital.

Mended Hearts National Support Group
6:30 p.m., July 18
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. A speaker with Lee Health Sleep Disorders Department will present. Mended Hearts has several volunteer opportunities. For more information, email jfjasen@aol.com or call 239-461-0980.

To find information on these facilities and services, go to LeeHealth.org/Locations
### Healthy Life Center—Coconut Point

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, July 3</td>
<td>My First Tri: Nutrition for Triathletes</td>
<td>5-6 p.m.</td>
<td>SHARE Club</td>
<td>RSVP</td>
</tr>
<tr>
<td>Thursday, July 5</td>
<td>Guided Meditation for Wellness</td>
<td>2:30-3 p.m.</td>
<td>Cape Coral Hospital</td>
<td>RSVP</td>
</tr>
<tr>
<td>Saturday, July 14</td>
<td>My First Tri: The Basics of Triathlon Training</td>
<td>5-6 p.m.</td>
<td>Cape Coral Hospital</td>
<td>RSVP</td>
</tr>
<tr>
<td>Thursday, July 12</td>
<td>Whole Food Plant-Based Series: Plant-Based Proteins</td>
<td>12-1 p.m.</td>
<td>Cape Coral Hospital</td>
<td>RSVP</td>
</tr>
<tr>
<td>Friday, July 13</td>
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### Healthy Life Center—Cape Coral

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Tuesday, July 3</td>
<td>My First Tri: Nutrition for Triathletes</td>
<td>5-6 p.m.</td>
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<tr>
<td>Thursday, July 5</td>
<td>Guided Meditation for Wellness</td>
<td>2:30-3 p.m.</td>
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<td>Saturday, July 14</td>
<td>My First Tri: The Basics of Triathlon Training</td>
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<td>Thursday, July 12</td>
<td>Whole Food Plant-Based Series: Plant-Based Proteins</td>
<td>12-1 p.m.</td>
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**Healthy Life Center**

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

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