You’ve probably practiced yoga nidra without even realizing it. It’s that delicious moment right before you fall asleep when your body is heavy and relaxed, and your thoughts are dreamy. However, you’re still aware of your surroundings. Maybe you hear a noise downstairs, but you pay it no mind. Finally, sleep overcomes you and you lose consciousness.

You have now left the mind state known as yoga nidra. Yoga nidra, or “yogic sleep,” as it’s often called, is a state of consciousness between waking and sleeping that can lead to deep levels of relaxation. Both a form of meditation and a mind-body therapy, yoga nidra is a guided relaxation practice. The classes, offered at all Healthy Life Center locations, typically run 30 minutes.

Kiersten Cato, a certified yogi instructor with Healthy Life Center – Cape Coral, says because yoga nidra is typically practiced lying down, it appeals to people challenged by traditional yoga or seated meditation.

“It’s an excellent, restorative mind-body tool for anyone seeking peace of mind and relaxation,” Kiersten says. “Everyone can benefit, regardless of their health condition or age, or if they’re inexperienced with mind-body principles and practice.”

Melinda McQuade calls yoga nidra her medicine. She attends Sunday and Monday classes at Healthy Life Center – Cape Coral.

“It helps me detach from my mind and body, but with energy and clarity,” she says. “The classes help center me and give me serenity. Yoga nidra gives me the tools to live a healthy life.”

Kiersten says that yoga nidra differs from the average meditation practice because it focuses on cultivating multiple levels of well-being.

“When we meditate, we remain in a waking state where we allow thought patterns, emotions, sensations, and images to come and go through our minds,” she says. “In yoga nidra, we leave the waking state, go past the dreaming state, and reach deep sleep—yet, we’re awake.”

Melinda’s journey into the unique mind-body benefits of yoga nidra began in January when she attended complimentary yoga classes at the Healthy Life Center at Coconut Point Mall, near her work place in Bonita Springs. Melinda says her practice has helped her grow spiritually, mentally, and emotionally.

“Melinda’s journey into the unique mind-body benefits of yoga nidra began in January when she attended complimentary yoga classes at the Healthy Life Center at Coconut Point Mall, near her work place in Bonita Springs. Melinda says her practice has helped her grow spiritually, mentally, and emotionally.

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A healthy, well-rounded diet always includes plenty of fruits and vegetables. September, which is National Fruits and Vegetables Month, might be the perfect incentive to start eating more of them. The Centers for Disease Control and Prevention (CDC) recommends adults eat at least 1 ½ to 2 cups of fruit per day and 2 to 3 cups of vegetables per day.

But it’s not always that easy. The trick is finding a variety of ways to incorporate fruits and vegetables into your diet to keep things interesting, surprising, and delicious.

Here are five fun, tasty ways to incorporate fruits and vegetables, according to the Academy of Nutrition and Dietetics:

• Mix up a breakfast smoothie with low-fat milk, frozen strawberries, and a banana.
• Stuff an omelet with vegetables. You can turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.
• Throw some fruit on the grill. Make kabobs with pineapple, peaches, and bananas. Grill on low heat until the fruit is hot and slightly golden.
• Add grated, shredded, or chopped vegetables such as zucchini, spinach, and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce, and rice dishes.
• Fruit is the perfect dessert to satisfy your sweet tooth: Slice a banana lengthwise and top it with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

Healthy Recipes

Watermelon Arugula Salad

**Ingredients:**
- 1 container arugula
- 2 pounds watermelon diced
- ½ cup olive oil
- ¼ cup fresh-squeezed lemon juice
- 1 tsp. salt
- ½ tsp. ground pepper
- ½ pound chunk parmesan cheese

**Directions:**
Place arugula and watermelon in a large bowl. In a small bowl, whisk together oil, lemon juice, salt and pepper. Pour enough dressing on arugula to moisten. Top it off with shaved parmesan cheese.

Black Bean & Corn Salad

**Ingredients:**
- ¼ cup olive oil
- ¼ cup fresh-squeezed lime juice
- 1 tsp. salt
- ¼ tsp. cayenne pepper
- 1 clove garlic, minced
- 2 cans black beans, drained and rinsed
- 1 can shoepeg corn
- 1 avocado, peeled, pitted, and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- ½ red onion, chopped
- ½ cup cilantro

**Directions:**
Place lime juice, oil, garlic, salt, and cayenne pepper in a jar. Cover with lid and shake well to mix. In salad bowl, combine beans, corn, avocado, bell pepper, tomato, onion and cilantro. Shake dressing and pour over the salad. Coat vegetables and serve.

Vegetable Basil Pasta

**Ingredients:**
- ½ box dried pasta, such as penne or fusilli
- ½ red onion, chopped
- 1 large eggplant, cut into chunks
- 1 container cherry or grape tomatoes
- 2 cloves garlic, chopped
- ½ cup chopped basil
- Basil for finishing
- Salt to taste
- Parmesan cheese to taste

**Directions:**
Cook the pasta according to package directions. Put olive oil in a separate saucepan on medium heat. Add onion and sauté for a few minutes until the onion starts to soften. Add garlic and sauté for 1-2 min. Add eggplant to the pan and sauté until it starts to soften. Add tomatoes. Cook until the tomatoes start to soften and the sauce is developing. Add basil and stir. Add cooked pasta to the pan and stir into sauce.

Tofu & Vegetable Stir Fry

**Ingredients:**
- 2 cups finely shredded cabbage
- ¼ cup shredded broccoli
- ¼ cup chopped red pepper
- ¼ cup shredded carrot
- ¼ cup silvered onion
- 1 cup sliced mushrooms
- 1 cup cubed tofu
- 2 lbs. olive oil

**Directions:**
Cut the tofu into bite-sized pieces. Marinate for 2 hours in sesame dressing. Using Asian slaw vegetables with onion and mushrooms, stir fry for 2 minutes. Add the tofu with dressing and continue to cook for another 2 minutes. If desired, eat with steamed brown rice.
Two Generations of Family Volunteers Seek One Goal: Helping Others

Mike Donlan admits he didn’t know anything about granddaughter Emily Donlan’s plan to volunteer at Golisano Children’s Hospital of Southwest Florida.

“Emily just came in one day to the hospital’s gift shop, asked how to volunteer, and became one,” he explains. He adds with a laugh, “That’s what started all this. I had nothing to do with it.”

“All this” is two generations of Donlan family members donating their time, compassion, and hope to the hospital and community. For four years, Mike and his wife Kathy have volunteered at Golisano Children’s Hospital.

“The hospital is a beautiful place to volunteer,” he says. “The work gives me something to do. It’s structured and keeps me connected to things that are happening.”

Emily, 14, has special ties to Golisano Children’s Hospital, having spent the first days of her birth in its neonatal intensive care unit. She worked this summer at the gift shop every Friday as a member of the 2018 Summer Student Volunteer Program. The 8-week program, which runs from June to August, places volunteers to work at Lee Health hospitals and medical centers. Service areas include customer service, patient care units, information desks, and clerical support.

“It’s a great life experience,” says Emily, who also earned school credit hours for her service. “I think volunteering will give me a good experience for when I get a real job.”

Lee Health volunteers include professionals, former patients, homemakers, college students, teenagers, and retirees like Mike. The Minnesota native, who volunteers eight to 10 hours a week, has served on the Environmental and Safety Teams, Patient’s Family Advisory Council, and as a trolley driver. Kathy volunteers at HealthPark Medical Center and occasionally at Golisano Children’s Hospital as a guest service representative.

“It’s a very good use of time and you get to meet a lot of neat people,” Mike says. “One really cool thing about this place—and it still amazes me—is interacting with the professional staff. The people who work at Lee Health are so sharp.”

Lee Health hospitals and medical centers offer many types of volunteer opportunities. Service areas can include interaction with patients, trolley service, reception, clerical positions, or working in the gift or thrift shops.

Lee Health offers orientations for new volunteers every month. If you are interested in volunteering, go to www.leehealth.org and select the “Become a Volunteer” tab.

By the Numbers
When: October 2016-September 2017
Total Number of Volunteers and Auxiliaries (volunteers with Lee Health auxiliaries): 3,800
Total Number of Service Hours Donated: 397,568 (or 45 years)

Want to Reduce Your Stress and Live Longer? Become a Volunteer

Volunteering offers all kinds of mental and physical health benefits. In fact, individuals who volunteer live longer than those who don’t, according to the National Institute on Aging. Helping others also lowers stress, boosts self-confidence, and leads to lower rates of depression, particularly among volunteers older than 65.

Studies have shown that volunteering helps individuals:
• Stay physically and mentally active
• Develop a sense of purpose
• Experience less pain intensity when they serve as peer volunteers compared to other people with chronic or serious illness
• Develop new relationships and strengthen existing ones

WARM UP TO YOGA NIDRA (Cont’d. from page 1)

Breath is the most powerful tool of yoga nidra, or of any mindfulness practice, she notes. “When we’re able to be in control of our breath, we can reduce anxiety,” Kiersten says. “Knowing how to breathe consciously can be very helpful.”

Yoga nidra relaxes the body and calms the mind. It provides energy, clarity of mind, problem-solving, and anti-aging benefits our mental, emotional, and physical states.”

Biofeedback, a method used to help people relax, allows you to monitor various parts of your body such as your blood pressure, heartbeat, and muscle tension. The body can learn to control these responses and train itself to relax and develop mental focus while in the state of consciousness known as yoga nidra.

The health benefits of yoga nidra include:
• Allows the body to deeply restore itself, balancing excess stress
• Effortlessly takes you to a deep relaxation where you can change your relationship to pain, stressful situations and habits
• Helps to counteract the effects of chronic insomnia
• Provides energy, clarity of mind, problem-solving and anti-aging
• Reduces cortisol levels (stress hormones)
• Resets the nervous system between doing and being
• Yoga nidra relaxes the body and calms the mind.

Melinda McGuade and Kiersten Cato practice yoga poses that restore and rejuvenate. Poses in yoga nidra are seated and lying down.
Prostate Cancer Awareness Month

Prostate cancer is the second most common cancer among men in the United States. Early detection is the key to surviving prostate cancer.

• A man will be diagnosed with prostate cancer every 3 minutes.

• African-American men are 2.4 times more likely to die of prostate cancer than Caucasian men.

• Prostate cancer is 100% treatable if detected early.

Source: Prostate Cancer Foundation

• In 2015, there were an estimated 3,120,176 men living with prostate cancer in the United States. *

• In 2015, there were an estimated 3,120,176 men living with prostate cancer at some point during their lifetime. *

• Prostate cancer is originally published by the National Cancer Institute.

Source: National Cancer Institute (2013-2015 data). Prostate Cancer Screening (PDQ®)–Patient Version was originally published by the National Cancer Institute.

*Number of New Prostate Cancer Cases per 100,000 Persons by Race/Ethnicity

Ovarian Cancer Awareness Month

One in 75 women will develop ovarian cancer in her lifetime. Although not the deadliest type of cancer, its prevalence makes ovarian cancer the fifth leading cause of cancer-related deaths in women ages 35-74 (National Ovarian Cancer Coalition).

An early stage diagnosis with treatment drastically increases the survival rate for patients with ovarian cancer. According to the National Ovarian Cancer Coalition, the 5-year survival rate for early detection patients runs as high as 90 percent. Detecting ovarian cancer, however, is contingent on knowing what the symptoms are and if you are at risk.

Genetic predispositions, age, obesity, and a family history of cancer increase the risk of developing ovarian cancer. Moreover, typical symptoms of ovarian cancer include bloating, pelvic or abdominal pain, and urinary symptoms, among others. Ovarian cancer symptoms are often unnoticeable (especially in early stages). If you are at high-risk of developing ovarian cancer, you should consult a doctor. Currently, there are no foolproof screening tests to detect ovarian cancer. The transvaginal ultrasound (TVUS) and CA-125 blood test, in addition to a complete pelvic exam, are the most common tests for ovarian cancer. The American Cancer Society recommends both screening tools.

To learn more about ovarian cancer and new treatments, go to LeeHealth.org/Ovarian-Cancer-Risks.

Source: UPMC.com

Symptoms of Ovarian Cancer

- Trouble eating or feeling full quickly
- Bloating
- Abdominal or pelvic pain
- Frequent or urgent need to urinate
- Fatigue
- Back pain
- Upset stomach or heartburn
- Constipation or menstrual changes
- Pain during intercourse

Healthy Life Center at Babcock Ranch

Success Story: Codi Stoll

The staff and administration of Lee Health are pleased to announce Brian Garrity, D.O., 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. Garrity for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Garrity as a respected member of our medical staff since August 2016.

Healthy Life Center at Babcock Ranch

Success Story: Codi Stoll

The wonders of regular exercise, effective training, and a winning attitude: Codi Stoll, 35, continues to improve her life with the help of Lee Health’s Healthy Life Center at Babcock Ranch. She is one of many younger members who thrive by focusing on wellness and healthier habits that can last a lifetime.

Some highlights of Codi’s journey:

• Exercise specialist Dallas Whidden’s targeted plan helped Codi lose weight, find an outlet for stress, and decrease her 5K time.

• Codi received a thorough fitness assessment and used the MyWellness app to track her progress.

• Codi was impressed with the assessment and the staff’s knowledge: “The assessment is one like I have never had before and gives you so much information about your body and weight,” she says. “I really liked Dallas from the first time I met him. He is very knowledgeable in what he does. He is usually available even during my workouts so it is very easy to have my workouts updated.”

• Our personalized approach made a difference! Codi works out at the Healthy Life Center at Babcock Ranch three to four times a week. She says she is always greeted with a smile and the staff knows her by name. It’s this kind of interaction that keeps her coming back.

• Lee Health’s Healthy Life Center is in partnership with Babcock Ranch, the first solar-powered town in the United States. The community believes in sustainability, with a commitment to clean and renewable energy, a strong and healthy community, and world-class education.

Lee Health believes in that vision, too, and wants to get the word out about wellness as more Southwest Floridians take their inspiring journeys toward health and happiness.

To learn more about Healthy Life Center at Babcock Ranch visit LeeHealth.org/Babcock/
The Art of Falling Well

Despite what many people think, falls are not a normal part of aging. Health experts say falling, a leading cause of injury and death, can be prevented and is typically a sign of something else.

Physical conditions such as Parkinson’s disease, dehydration, inner ear issues, and vision problems can lead to falls. But there are “safe landing strategies” to reduce the impact of falls.

The number of older adults who died from falls more than doubled every year between 2000 and 2013, reports the Centers for Disease Control and Prevention (CDC).

But falls don’t affect just older people, says Nathalie Grondin, a Lee Health resource physical therapist. She encourages people at all ages to be mindful of their surroundings, whether in crowded areas, crossing the street, or even navigating within their homes.

“Unfortunately, people often seek help for their balance only after they have experienced a fall,” Nathalie says. “Why are we signs when someone is having more balance challenges. That’s when people should be evaluated for participation in balance programs to prevent further decline.”

“There are many reasons why people have balance issues and falls in general,” says Mark Tesoro, a trauma injury prevention educator with Lee Health. “Some are behavioral issues, like climbing a ladder when you shouldn’t climb a ladder, or not taking your medication, or not using a walker.”

Steps in the Art of Falling Well

There are four steps people should take if they start to fall, AARP reports. Remember to stay relaxed if possible. People tend to reach out their hands and arms to brace for impact, but that’s a sure way to break a wrist or an arm, AARP says. Try to remember to fall with bent elbows and knees.

• Also remember to protect your head. AARP says to turn your face to the side if you are falling forward and to tuck your chin to your chest if falling backward.

• Try to roll with it. AARP says the natural instinct is to stop your fall, but you should attempt “to give in” to the fall, roll, and create a larger impact area.

Lee Health’s balance therapy program conducts balance screenings to help determine if a patient has balance problems.

Eight New Resident Physicians Bring Energy, Skills to Lee Health and Community

The Lee Health Family Medicine Residency Program welcomed eight new resident physicians in June.

Florida State University College of Medicine sponsors the program. The residency program, based at Lee Memorial Hospital, helps abate the shortage of primary care physicians anticipated nationally, an issue compounded locally by population growth in Southwest Florida.

All primary care doctors must complete four years of medical school followed by a minimum three-year residency at a teaching hospital to become board certified in their specialty. The Lee Health residency program trains family physicians, a broad specialty that cares for patients from birth to the end of life.

Alfred Gitu, M.D., director of the residency program, says the students will complete their training at Lee Memorial Hospital, HealthPark Medical Center, and Golisano Children’s Hospital of Southwest Florida.

“They will also work with community partners in other specialties such as urology, orthopedics, surgery, and geriatrics,” Dr. Gitu says. “As our area’s population continues to grow, we will need more primary care physicians.

Lee Health is excited to welcome these residents and looks forward to the positive things they will bring our patients and the Southwest Florida community.”

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<thead>
<tr>
<th>Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Tatianna Pizzuto, M.D.</td>
<td>“I chose Lee Health because of its dedication to providing quality care in medically underserved areas both in Florida and abroad. After spending a month rotating with this program it was clear that the faculty, residents, and staff are well-trained visionaries, seeking to support each other and improve their community and several rural communities overseas. It was an easy choice for me to pursue my calling in global health.”</td>
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<td>Tyler Spradling, D.O.</td>
<td>“I chose Lee Health because I wanted to be able to give back to the community in which I was raised. To be able to learn and practice medicine in my hometown is an opportunity that is truly a dream come true.”</td>
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<td>Kathleen Dixon, M.D.</td>
<td>“I chose Lee Health for my residency and program’s passion for excellent patient care and its commitment to serving the local community.”</td>
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<tr>
<td>Jerry Lanza, M.D.</td>
<td>“I chose the family medicine residency program at Lee Health because it fulfills my objectives by offering me the opportunity to provide care to the underserved and allows me to pursue my calling in global health.”</td>
</tr>
<tr>
<td>Tyler Spradling, D.O.</td>
<td>“I chose Lee Health because I was confident that I would receive excellent training and be surrounded by compassionate and caring mentors who care about the local as well as the global community. I also wanted to be part of a program that has a vision for the future of family medicine, and where I would receive broad spectrum training but also have the opportunity to focus on my personal interests.”</td>
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<td>Renee Wong, M.D.</td>
<td>“Upon my visitation across the state to find the perfect residency, Lee Health’s residency team won my heart. I saw the Family Medicine Residency team work as a cohesive unit, wholeheartedly serving their patients in the most genuine and caring way. Their compassion extended within the residency team, which included the faculty, residents, nurses, and support staff!”</td>
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</table>
Healthy Life Center: Balance Awareness Week
10-11 a.m., Sept. 17
Dance for Balance
Healthy Life Center - Coconut Point
23190 Fashion Drive, Suite 105
Estero
Call to reserve at 239-495-4475
2-3 p.m., Sept. 17
Balance for Life
Healthy Life Center - Babcock Ranch
The Lakehouse
42147 Lake Timber Drive
Babcock Ranch
Call to reserve at 239-424-3210.
Noon-1 p.m., Sept. 19
Walking for Balance
Healthy Life Center - Cape Coral
609 SE 13th Court
Cape Coral
Call to reserve at 239-424-3210

STRETCH YOUR DOLLAR with our “Back to School” Membership Special!
Sign-up today at any Healthy Life Center and receive 2 complimentary stretching sessions with a certified exercise specialist!
Call Today to Join!
Healthy Life Centers
609 S.E. 13th Court
Cape Coral
239-424-3220
3114 Cleveland Ave.
Fort Myers
239-343-4880
23190 Fashion Drive
Suite 105
Estero
239-495-4475

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 239-343-9500
or Veena.Sharma@LeeHealth.org.

Colorectal Cancer Support Group
4-5 p.m., fourth Friday of each month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502
or Bobbi.Marino@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.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 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 Dunisky at monicafrommiami@centurylink.net.

Know Nutrition Now: 2018 “Cancer Fighting Foods to the Rescue”
2-3 p.m., Sept. 12
Regional Cancer Center, fourth-floor conference room

Yoga
10-11 a.m., Wednesdays and Fridays
Regional Cancer Center, fourth-floor conference room
Registration is required. Bring your own towel/blanket.
$5 per class for cancer patients and cancer survivors.
$10 per class for public. Fee due at registration (credit card only).
Call 239-343-9503 to register.

Gentle Exercise Classes
2-3 p.m., Tuesdays and Thursdays
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.
$5 per class for cancer patients and cancer survivors.
$10 per class for public. Fee due at registration (credit card only).
Call 239-343-9503 to register.

Events & Screenings

Memory Screening
1-3 p.m., Mondays
12600 Creekside Lane, Suite 7
Fort Myers
Free memory impairment screening. Results and recommendations mailed confidentially.
Call 239-343-9220.

Young Driver Program
5:30-9:30 p.m., Sept. 25
Lee Memorial Hospital Auditorium
Free for new drivers age 15-19. This is a supplement to driver's education, not a replacement. Contact Syndi at 239-343-3797 to register.

Health Living Series “Benefits of Vitamins and Supplementation”
Noon-1 p.m., Sept. 25
Salvatore Lacagnina, D.O.
Lee Health system medical director of wellness and employee health
Healthy Life Center - Cape Coral

Autism Spectrum Disorder Screening
9:30 a.m.-2 p.m., Sept. 14
Family Health Center
316 Del Prado Blvd.
Cape Coral
Appointments are encouraged. Call 239-343-6838 for additional information or to schedule a screening.

Cancer
Bladder Cancer Support Group
3-5 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Gedfrey 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.

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, 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.

Colon Cancer Pre-Operative Education Class
10:30 a.m., third Wednesday of each month
Lee Memorial Hospital
Volunteer Conference Room
Contact Patricia Tirone, LCSW.
Call Patricia Tirone at 239-343-9549 or Patricia.Tirone@LeeHealth.org.

Endometrial Cancer Support Group
3-4 p.m., fourth Tuesday of each month
Regional Cancer Center
Contact Bobbi Marino at 239-343-9502 or Bobbi.Marino@LeeHealth.org.

Brain Tumor Support Group
6:30-7:45 p.m., third Tuesday of each month
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$5 per class for cancer patients and cancer survivors.
$10 per class for public. Fee due at registration (credit card only).
Call 239-343-9503 to register.

Walk-in facilities are open 7 a.m.-9 p.m., daily.
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
Walk-in facilities are open 7 a.m.-7 p.m., daily.
Page Field
4771 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9800
Summerlin
1620 Summerlin Road
Fort Myers, FL 33908
239-343-7454
Kids Urgent Care
11 a.m.-11 p.m., daily
Golisano Nicklaus Children’s Health Center
3361 Pine Ridge Road, #101
Naples, FL 34109
239-254-5920

Lee Health Calendar
Please call to register and for more information.

Walk-in facilities are open 7 a.m.-9 p.m., daily.
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
Walk-in facilities are open 7 a.m.-7 p.m., daily.
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Kids Urgent Care
11 a.m.-11 p.m., daily
Golisano Nicklaus Children’s Health Center
3361 Pine Ridge Road, #101
Naples, FL 34109
239-254-5920
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 239-424-3217 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 239-424-3217.

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 239-424-3210.

Nutrition Counseling
Weekly counseling sessions available for adults and children.
Individualized nutrition counseling with a registered dietitian for a variety of health conditions.
Call 239-424-3210.

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

Tai Chi for Balance (Free)
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.

Ortho/Neuro/Spine

Preoperative Joint Replacement Class
Tuesdays at Cape Coral Hospital, Wednesdays at Lee Memorial Hospital.
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 Gizi at 239-424-3572.

Preop Spine Class
7:30 a.m., every other Tuesday
Outpatient Rehabilitation at City Center 3146 Cleveland Ave., Fort Myers
Free class for individuals scheduled for spine surgery. Receive tips from a physical therapist to ease a speedy recovery.
Call 239-343-4960.

Pregnancy/Parenting

Pregnancy & Diabetes Program - Available in English & Spanish
Weekly classes are 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 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.

Breastfeeding

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
(Sé habla español)
Board-certified lactation consultants will facilitate.
Bring your babies—siblings are welcome! Family members and caregivers are welcome.
Call 239-343-2561.

Positive Parent Support Group
6-7:30 p.m., third Thursday of every month
Greater Naples YMCA 5450 YMCA Road Naples
Provided by Gotsisano 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 in 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 239-919-2806.

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, Suite 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.

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 groups 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 or call 239-947-3073.

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.
Cancer Connection
2-4 p.m., Sept. 21
Healthy Life Center-Cape Coral 609 SE 13th Court, Cape Coral
Cardiac Connection is a support group designed for current and past patients of a cardiac rehabilitation program or anyone with cardiovascular disease risk factors. This forum provides participants with the opportunity to connect with others and discover ways to adopt and maintain heart healthy lifestyle changes.
To reserve, call 239-495-4475.

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

Stroke Support Group
4:30-5:30 p.m., first Monday of each month
Fifth-floor classroom of Lee Memorial Hospital, Medical Office Center 2776 Cleveland Ave., Fort Myers
10:30 a.m.-1:30 p.m., every second and fourth Tuesday of every month
Cape Coral Hospital
For caregivers and stroke survivors.
Call 239-343-3403 for Lee Memorial Hospital or 239-424-2137 for Cape Coral Hospital.
Healthy Life Center—Coconut Point
609 SE 15th Court, Cape Coral, FL 33990
For reservations call 239-424-8210

TUESDAY, SEPTEMBER 18
Cooking Demo: Build a Better Breakfast
11 a.m.–noon RSVP

WEDNESDAY, SEPTEMBER 19
Living Strong with a Weak Heart
10-11 a.m. RSVP

Walking for Balance
12:15 p.m. RSVP

THURSDAY, SEPTEMBER 20
Essential Oils 101 Make and Take It!
10-11:30 a.m. Fee: $10

Dine & Discover: The Original Moretti’s Italian Grill
11:30 a.m.-1 p.m. RSVP
3010 Del Prado Blvd S, Cape Coral, 33904

Superfoods for Your Health
1-2 p.m. RSVP

FRIDAY, SEPTEMBER 21
Cardio Connection
2-4 p.m. RSVP

TUESDAY, SEPTEMBER 25
Healthy Living Lecture Series: Benefits of Vitamins and Supplements
12-1 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

Stress Management to Prevent Depression
1:30-2:30 p.m. RSVP

Guided Meditation for Stress Management
2:30-3:30 p.m. RSVP

Micronutrients for Optimal Health
4-5 p.m. RSVP

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

WEDNESDAY, SEPTEMBER 26
Movie Matinee Day: The Greatest Showman
1-3 p.m. RSVP

THURSDAY, SEPTEMBER 27
Medicare 101 Lunch & Learn
12-2 p.m. RSVP

TUESDAY, SEPTEMBER 25
Essential Oils 101: Make and Take It!
1-2 p.m. RSVP

Monday, September 24
Dr. Paul DiGiorgi, cardiothoracic surgeon
3-4 p.m. RSVP

MONDAY, SEPTEMBER 17
Nutraceuticals for Heart Health
12-1 p.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

Essential Oils 101: Make and Take It!
10-11:30 a.m. Fee: $10

TUESDAY, SEPTEMBER 18
Learn About Reiki for Wellbeing
2:30-3:30 p.m. RSVP

Car Seat Safety Class
3:30-6:30 p.m. RSVP

Crystal Bowl Meditation 6:30-1:30 p.m. RSVP
Fee: $10
Location: Mind & Body Studio

THURSDAY, SEPTEMBER 27
The MIND Diet
1-2 p.m. RSVP

Healthy Life Center—Babcock Ranch
42880 Crescent Loop, Suite 100
Babcock Ranch, FL 33982
For reservations call 239-424-3210

EVERY MONDAY
SHINE Counseling
10 a.m.-2 p.m.
SHARE Club office

EVERY TUESDAY
Fourth Trimester Club
10-11 a.m.
Cape Coral Hospital - Family Birth Place
Waiting Room

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

SATURDAY, SEPTEMBER 15
Memory Café
10 a.m.-noon RSVP

SATURDAY, SEPTEMBER 15
Lawrence Care Center—Coconut Point
12-2 p.m. RSVP

SATURDAY, SEPTEMBER 22
Lee Health Blood Mobile
1-7 p.m.
Location: Movie Theater Circle

TUESDAY, SEPTEMBER 25
Movie Matinee Day: The Greatest Showman
11a.m.-1 p.m. RSVP

WEDNESDAY, SEPTEMBER 26
Essential Oils 101: Make and Take It!
10-11:30 a.m. RSVP Fee: $10

Osteoarthritis: “Joint” Us for the Journey
2-3 p.m. RSVP

SATURDAY, SEPTEMBER 29
Early Hearing and Vision Detection
10-11 a.m. RSVP
Dr. Aron Rasmussen, audiologist
Dr. Giovana Balasquide, ophthalmologist

Mini Hearing and Vision Screenings
11 a.m.-12:30 p.m.
Call 239-495-4475 for an appointment

Golisano Children’s Hospital of Southwest Florida Family Program
- For upcoming events, go to LeeHealth.org/HealthyLifeCenter.