When Peggy Dougherty arrived at HealthPark Care & Rehabilitation Center last November, she could only communicate by blinking her eyes. She was unable to move, talk or feed herself. Peggy had Guillain-Barre syndrome, a rare disorder in which a person’s own immune system damages their nerve cells and paralyzes them. Guillain-Barre syndrome has no cure.

After four months of inpatient rehabilitation at the center, Peggy returned to her Cape Coral residence, laughing, smiling and talking. Much rehabilitative work remains, though. Peggy is not paralyzed. She has sensation and movement in both lower legs, but continues to experience pain, limited sensation and decreased strength in them. Able to propel herself in a wheelchair and use a walker, she will continue in-home rehabilitative therapy three times a week for the foreseeable future.

When occupational therapist Haley Raben saw her new patient last November, she realized there was a lot of work ahead. Justina Falcone, a speech therapist who worked with Peggy to regain her speech and safe swallowing skills, recalls a similar thought. “I knew we were in for a long, hard journey,” she says.

Within three weeks of working with Haley, Peggy had regained some mobility. She had progressed to moving out of bed with assistance, and transferring to a wheelchair. Standing and balance coordination remain activities in progress, challenged by the remaining paralysis in her lower legs and feet. Within weeks, Peggy had her feeding tube removed and began eating and drinking on her own.

Although some people can take months and even years to recover, about 80 percent of people with Guillain-Barre syndrome can walk independently six months after diagnosis, while about 60 percent fully recover motor strength one year after diagnosis. About 5-10 percent have delayed and incomplete recovery.

The following months were challenging, grueling and rewarding, not just to Peggy as she progressed, but to her therapists, too. Peggy’s care team worked with her to fulfill the center’s primary goal to help residents regain their highest level of independence and to return them home as soon as possible.

“I wanted to go home, so I tried everything,” Peggy says about her determination to push herself through any and all exercises. “The therapists were wonderful. They pushed me, which I needed. You work through the pain.” As her rehabilitation progressed, she became more hopeful. “Positivity is a gift,” she says. “It makes a difference in your recovery.”
Community Raises More Than $200K to Establish Sharon MacDonald Breast Health Fund

Through community-wide support and a $200K matching gift from John E. Alise Price Foundation, Lee Health Foundation has officially established the Sharon MacDonald Breast Health Fund. Sharon’s contribution to Lee Health and the Southwest Florida community as she retired at the end of May. The fund supports breast cancer patients who are unable to pay for their treatment, and donations may be used to underwrite the cost of diagnostics, treatment, chemotherapy, radiation, medication and other care or services needed to promote successful patient outcomes.

Rumrunners Celebrity Chef Night

Join us from 6-9 p.m. on Aug. 15 at Rumrunners in Cape Harbour for the 14th Annual Celebrity Chef Night. Enjoy delicious culinary creations from some of the best chefs of Rumrunners, Chef Harold Balink of Hefest’s, Chef Norman and Ryan of Norma Love Confections, and other local celebrity chefs. The Rumrunners Celebrity Chef Night will once again feature a chance to drawing to win a custom-designed Mark Loren piece valued at more than $20,000, a silent auction of signed memorabilia from the worlds of sports and entertainment, as well as a trip and travel to some of the most desirable destinations and most popular events in the country -- and all to benefit Lee Health’s Community Life Center, which opened in 2016, is a unique 5,500-square-foot storefront care continuum unit with observation beds. This very versatile space, which will be the most comprehensive

6 Initiatives to Enhance the Health of Our Community

Lee Health Foundation has identified six initiatives that focus on enhancing the health and wellness of the Southwest Florida community as priorities during the next few years. This progressive approach aims to improve the overall health of our community while continuing to serve those in need with the highest quality care possible. Lee Health Foundation will focus on raising awareness and philanthropic support as priorities during the next few years. This progressive approach aims to improve the overall health of our community while continuing to serve those in need with the highest quality care possible. Lee Health Foundation will focus on raising awareness and philanthropic support for the following strategic areas:

1. Lee Health - Coconut Point will be the most comprehensive health and wellness destination in South Lee County. The 163,500-square-foot medical campus will occupy a 31-acre site south of Coconut Point Mall and offer a broad array of medical services, including access to providing an enriched experience and healing environment, features include a freestanding 24-hour emergency department, surgery center, breast health center, cardiac testing and rehabilitation services, a pharmacy, chronic disease management, nutritional counseling, including a teaching kitchen, and the Healthy Life Center for exercise, health assessments and education throughout the year. Visit LeeHealthFoundation.org/CoconutPoint.

2. Little Red Wagon Fund - Recipient of The Leaping Leapfrog Top Hospital series and the Lee Board of Directors, Lee Health Foundation is raising funds to address critical pediatric care needs in our community. In partnership with us, you can help ensure children receive the care they need through your generous support. Visit LeeHealthFoundation.org/LittleRedWagon.

3. The Health & Wellness initiative is enhancing the overall health of residents and positivity impacting Southwest Florida communities. Through programs and partnerships with Healthy, Lewis, physicians’ groups, local schools, social services and neighborhood organizations, we are taking a proactive, grassroots approach to education and initiating healthy living programs that transform the way our families feel about their health and health care. Our six key focus areas include: Purpose Driven Living “Your Why”, Physical Activity, Nutrition, Sleep, Stress Management, and Mental & Behavioral Health. Visit LeeHealthFoundation.org/Wellness for more on the ChiF Program, walking trails, gardens, teaching kitchens, food trucks and other efforts.

4. Pediatric Behavioral Health - One in five children currently or at some point during their life struggle with a seriously debilitating mental disorder. Golisano Children’s Hospital’s new Pediatric Behavioral Health Program will assist children, teens and family members affected by mental and behavioral health disorders by enabling them to receive proper and timely access to treatment and the community resources. Your support will provide essential funding to create a pediatric behavioral health program and assist with the hiring of mental and behavioral health professionals, case management, transportation, in-patient and outpatient counseling and therapy, and support families of children with behavioral health issues. Visit LeeHealthFoundation.org/NotOnMyWatch and shine a light for someone in need.

5. Regional Cancer Center Expansion - Every year since opening in 2008, the Regional Cancer Center has experienced double-digit growth. The five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. To continue to provide high-quality comprehensive care in our growing community, Lee Health began a multi-million dollar expansion of the Regional Cancer Center, including a 24,000-square foot expansion to the existing health center on Colonial Boulevard near I-75 in Fort Myers. The expansion is anticipated for completion by fall 2018 and will include space for cancer treatment research. In partnership with us, you can have a lasting impact on our community. Visit LeeHealthFoundation.org/RegionalCancerCenter.

6. Shipley Cardiothoracic Center - Heart disease continues as the leading cause of death for men and women in the United States. Thanks to a $2.5 million gift from Mr. Richard C. Shipley and Shipley Foundation, Inc., Lee Health created Shipley Cardiothoracic Center to address the management and care of those suffering from heart and lung diseases. Outcomes have vastly improved by using a formalized program to improve a patient’s health before surgery with a multidisciplinary team approach engaging all care providers at all levels. Shipley Cardiothoracic Center is at the forefront of developing techniques that will make a difference for patients and their families.

Lee Health at Coconut Point Makes Progress

Lee Health at Coconut Point will offer residents of south Lee County a patient-focused, integrated medicine and care delivery at one convenient location. A broad array of medical outpatient services across the continuum of care will be available in a medical campus and retail setting that is accessible, walkable and welcoming for patients and families.

When completed, the 163,500-square-foot medical campus, situated on 31 acres across from Coconut Point mall, will feature a freestanding 24-hour emergency department, outpatient surgery center, a variety of medical clinics, cardiac testing and rehabilitation services, a pharmacy and clinical testing labs.

Site preparation work started in February, followed by a groundbreaking in May. Alex Greenwood, vice president of Lee Health at Coconut Point, says the site is slated to open in the fall of 2018.

“This area was picked because it is central to the community, utilized by the active community and our vision was to build right at this location,” Alex says. “As always, the health care team will focus on the patient, creating a first-class experience supported by state-of-the-art technology. Also, we’ll have a

Annual Skin Screenings Can Detect Deadly Skin Cancers

Skin cancer can affect anyone at any time regardless of their skin color, gender or age. Even though it is the most common cancer in the United States, it is highly preventable and can be avoided by taking extra precautions when you are out in the sun.

1. Use sunscreen with an SPF of 15 or higher.
2. Wear long-sleeved shirts, long pants and hats.
3. Avoid tanning and tanning beds.
4. Seek shade and stay inside, especially between 10 a.m. and 4 p.m.
5. Use sunscreen with an SPF of 15 or higher.
6. Drink plenty of water.
7. Use water-resistant sunscreen with an SPF of 30 or higher.
8. Examine your body from head to toe every month.
9. Apply sunscreen to your whole body 30 minutes before going outside, and reapply every two hours and immediately after swimming or excessive sweating.
10. Cover up by using UV-blocking sunglasses, large hats and clothing.
11. Sunscreen should be used on babies six months and older. Newborns need to be kept out of the sun.
12. Apply sunscreen to children’s faces, necks, and hands.
13. Make an appointment with your physician yearly for a professional skin examination. Ask your physician to check your skin during your annual physical exam.

Groundbreaking of Lee Health at Coconut Point, Thursday, May 18, 2017.

cars campus unit with observation beds. This very versatile space, which will provide a spectrum of services, can also be used for overnight observation of patients in the emergency department.

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Lee Health at Coconut Point makes progress.
Call 239-343-4960.
By appointment only.
Fort Myers, Fla.
3-6 p.m., July 19
Free running gait video screening

But they have longer needs it. Both the Graston Technique and Kinesio Tape, along with traditional therapy methods, have helped him get relief from pain and regain his range of motion.

A gait analysis video analyzes the interaction of the person’s entire body and evaluates how problems in one area may negatively affect the overall gait pattern, says Kath Kinross, a physical therapist with Outpatient Rehabilitation at City Center. Patients with minor health ailments and those with more significant medical problems can benefit from having their gait analyzed on a treadmill, which is outfitted with two wide-motion capture cameras: one positioned from the side and one from behind the patient. The video is linked to a computer that digitally captures the patient’s gait pattern.

By analyzing the slightest recorded movement, Kath says the patient’s gait is broken down to determine the potential problem. “We only need about thirty seconds of video to analyze the feet, knees, hips, all the way up to how a person holds his or her head while moving,” Kath says.

A person doesn’t need a perfect gait to run or walk for exercise, she adds. “Runners or walkers who are training often come to us with minor knee, hip or foot pain to see how they can straighten it out while they continue their training,” Kath says. “But, patients with more significant medical problems behind their gait or balance issues are usually referred by a physician for medical rehabilitation evaluation.” She explains that most health care insurers cover the cost of skilled therapy services. However, the center’s clients who elect to use video motion analysis to improve their running will have to pay out of pocket for the service.

For more information, call the Outpatient Rehabilitation at City Center 239-343-4960.

Gauge Your Walking/Running Patterns with Gait Analysis

Outpatient Rehabilitation at City Center in Fort Myers has a unique tool for analyzing a patient’s walking and running mechanics.

Physical therapist Kath Kinross says the center’s video motion analysis system helps in the assessment and rehabilitation of a person’s injuries, as well as helps to prevent future ones.

Laundry Detergent Pod Ingestion: Protect Your Child

Household cleaning products rank in the top five most common toxic exposures to children ages 5 and younger. Ingestion is the leading method of exposure, with more than 11,000 calls made to poison control centers last year to report children who ingested laundry pods.

The rates of poisonings from laundry and dishwasher detergent packets or “pods” are growing, as are serious injuries from exposures to them. According to a 2016 study conducted by the Center for Injury Research and Policy at Nationwide Children’s Hospital, every 45 minutes a poison control center receives a call about a child who has ingested or otherwise been exposed to a laundry detergent packet. Laundry detergent pods are the biggest contributor to hospitalizations and serious medical effects among detergent poisonings.

They typically are packaged in brightly colored, single-use packets. “Because of their smooth texture, size, color, and taste, young children often mistake the pods for candy, which makes them irresistible,” says pediatrician and poison control physician Stuart Morgenstern, D.O. „These pods contain concentrated detergent liquids or granules wrapped in a water-soluble membrane and release their contents when exposed to moisture.”

Symptoms of laundry pod ingestion range from mild to severe, including vomiting and throat pain. Although death is rare with consumption of the detergent pods, a child can lapse into a coma or can progress to respiratory distress, both of which require intensive care treatment.

“Avoidance is the most important element long-term,” Dr. Morgenstern advises. “The pods should be kept closed and sealed, stored up high, out of the reach of children. Child-resistant packaging is critical, along with detailed product safety information and increased public education. Also: make sure the telephone number of the poison control center is readily available.”

For more information, visit LeeHealth.org.

Welcome Armando Llechu

Lee Health welcomes Armando Llechu as Chief Administrative Officer for Golisano Children’s Services. Armando joins us from Nicklaus Children’s Hospital’s-Ham/Miami Children’s Health System, where he most recently served as Vice President of Clinical Operations. He holds a master’s degree in business administration from Florida International University (FSU).
Liver Targeted Chemotherapy Pump Reduces Side Effects

Colorectal cancer is often incurable when detected before they have spread to other parts of the body. The National Cancer Institute reports more than 135,000 people in the United States develop these cancers each year.

In the past, patients with colorectal cancer that spread to the liver faced limited chemotherapy options and palliative care. Although chemotherapy has improved dramatically in recent years, the amount of treatment required to reduce the cancer often proves toxic to other parts of the body. However, a chemotherapy delivery device called the hepatic arterial infusion pump offers a successful response rate about three times that of standard chemotherapy treatments.

“Liver cancer as a true diagnosis is fairly uncommon,” says surgical oncologist Mark Bloomston, MD. “Most people when they hear of liver cancer have actually had cancers that came to the liver, and not cancers that started in the liver.”

For individuals whose cancer has metastasized to their liver, studies have shown that hepatic arterial infusion pump (HAIP) therapy can increase their longevity. The therapy also increases their quality of life because of its reduced side effects. About 95 percent of the chemotherapy directly through the pump stays in the liver, sparing the rest of the body from side effects, Dr. Bloomston notes.

The type of chemotherapy that goes into the pump is activated when it hits the liver cells and converted to an active form. It works on the liver directly. “Then it is quickly metabolized to its ‘off position,’ so that it’s not absorbed elsewhere in the body,” Dr. Bloomston says.

The treatment delivers 400 times the usual dose of chemotherapy directly to the liver, a targeted dose that invites a much greater response.

Preventions You Should Take in Extreme Heat

Summer in Southwest Florida brings temperatures that often make it too hot for outdoor activities. Heat syncope (fainting spells), heat exhaustion and heat stroke are symptoms caused by a combination of dehydration and the body’s inability to dissipate the sun’s heat.

Heat exhaustion, the most common heat-related illness, can produce symptoms of fatigue, headaches, nausea/vomiting and muscle cramps. “Do not rely on thirst as the main symptom of dehydration,” says Keith Burley, M.D., an emergency physician at Cape Coral Hospital.

Heat exhaustion may quickly develop into heat stroke, a fatal condition where the body’s core temperature can reach and often exceed 104°F. “This can occur when symptoms of heat exhaustion are ignored or inadequately addressed,” Dr. Burley says. “With heat exhaustion, you need to remove clothing. Cool down using cool towels and packs, and start hydrating by drinking water immediately. If you are unable to tolerate water, intravenous hydration in our emergency departments can help.”

On Her Own, But Not Alone

On November 3, 2000, 24-year-old Jessica Grosner wasn’t expected to live after a car accident left her in a coma. She was parked along the side of the highway when a driver who fell asleep at the wheel of his truck knocked into Jessica’s car. She suffered multiple brain injuries, a back broken in three places, an injured liver and a blood clot around her heart. “The neurosurgeon told my parents that if I didn’t die in my coma, that I would be in an assisted living nursing home the rest of my life,” she says.

Each day in the United States, 138 people die because of a traumatic brain injury (TBI). Despite Jessica’s poor prognosis for recovery, she began to show signs of emerging from her coma. Nine years later, Jessica attends the monthly meeting of the Trauma Survivors Support Group. She uses Passport, the Lee County Transit’s ADA paratransit service to get to the meeting.

Shannon Bradley, an outreach coordinator with Lee Health’s Trauma Center, conducts the meeting. She says the group welcomes adults who are survivors of traumatic injuries, including traumatic brain injuries, spinal cord injuries, even check trauma injuries. “This group allows survivors to share their stories, and to develop hope, coping skills and support,” she says. “Other benefits include access to educational resources and other types of community resources that might be helpful to them. Caregivers and family members are encouraged to attend, too.”

The meetings help survivors cope with the risk of isolation during their recovery, as well. Additionally, the program offers a mentor program. “Survivors who are interested in becoming mentors become volunteers in the Lee Health system,” Shannon says. “Because mentors typically are years past their injury and recovery process, they can offer a perspective to someone recently injured. It’s a peer relationship.”

Jessica mentors a woman named Ellen, who is in a wheelchair. “Together we go grocery shopping, we meet for coffee before the meeting, and we talk every day on the phone, she says. “I like being a mentor because I understand the help that’s needed.”

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Liver Cancer” — Dr. Burley says. “With heat

Khalid Alam, M.D. to our Lee Physician Group —

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Cancer Support Group

Cancer Support Group

Stuart Brain Cancer Support Group is for those who have had腦瘤 or other brain tumors.  It is co-hosted by the American Brain Tumor Association and Lee Health.”

Young Driver Program

Young Driver Program

10 a.m.-noon, Aug. 22
Riverwalk Sports Medicine and Rehabilitation
8350 Riverwalk Park Blvd., Suite 3
Fort Myers, FL 33919
To register, call 239-343-4970.

Diabetes Support Group

1-2 p.m., 1st Tuesday of each month
Regional Cancer Center - 4th floor conference room
Gulf Coast Medical, 13685 Doctor’s Way, Suite 250
Fort Myers, FL 33912
Call 239-343-8445

Wellness

Wellness

Weight Management

Wellness events

3-4 p.m., 4th Wednesday of each month
Regional Cancer Center
Classes take place throughout the year.

Monthly Newsletter

3-4 p.m., 4th Wednesday of each month
Regional Cancer Center - 4th floor conference room
Classes are led by board certified lactation consultants.

Meditation Room

Meditation Room

4-5 p.m.
Regional Cancer Center, 1st floor

Bowel Preparation

Bowel Preparation

1-2:30 p.m., Wednesdays
Regional Cancer Center

Support Groups/Classes

Support Groups/Classes

Diabetes Self-Management Classes

6-7:30 p.m., third Thursday of each month
Lee Memorial Hospital Auditorium

Diabetes Self-Management Classes

4-5 p.m., 2nd and 4th Tuesday of every month
Lee Memorial Hospital Audition

Education Room

Classes take place throughout the year.

Ortho/Nerve/Spine

Ortho/Nerve/Spine

Preoperative Joint Replacement Class

1:00 p.m., Monday
Wellness Center, Cape Coral

Meditation Room

Meditation Room

4-5 p.m.
Regional Cancer Center, 1st floor

Diabetes Self-Management Classes

1-2:30 p.m., the 2nd and 4th Tuesday of every month
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Education Room

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Preoperative Joint Replacement Class

1:00 p.m., Monday
Wellness Center, Cape Coral

Meditation Room

Meditation Room

4-5 p.m.
Regional Cancer Center, 1st floor

Diabetes Self-Management Classes

1-2:30 p.m., the 2nd and 4th Tuesday of every month
Lee Memorial Hospital Auditorium

Education Room

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For reservations or to make an appointment, call 239-495-4475. For upcoming events, go to LeeHealth.org/HealthyLifeCenter

**Every Tuesday**
- Free Blood Pressure Screening
  9 a.m.-1 p.m.
- Babes and Babies Fitness Class
  9-10 a.m.
  $5 drop-in fee

**Every Wednesday**
- Yoga Classes – all levels welcome, please bring a mat
  3:30-4:30 p.m. (7/12, 7/19, 7/26)
  5-6 p.m. (7/12, 7/19, 7/26)
  Call 239-495-4475 to RSVP
- Walking Club
  8:30-9:30 a.m.

**Every other Thursday** (7/13, 7/27)
- Fourth Trimester Club
  12-1 p.m.
  Moms and children younger than 1 year

**Every Friday**
- SWFL Produce Box Pickup
  4-6 p.m.
  To place an order visit swflproduce.net
- Mommy and Me
  9-10 a.m. RSVP
- Essential Oils 101
  1-2 p.m. RSVP
- How to Find a Job with Lee Health
  10-11 a.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Lighten up Summer Sides Cooking Demo
  11 a.m.- noon RSVP
- Don’t Eat It, Touch It, Breathe It
  3-4 p.m. RSVP
  Dr. Heather Auld, integrative medicine
- Chopping Demo: Techniques for Prepping Fruits and Veggies
- Presented by the Estero High School Culinary Program
  3-4 p.m. RSVP
- Pediatric EKG Screenings for Middle School and High School Aged Children
  9 a.m.-1 p.m.
  Call 239-495-4475 for an appointment
- Brain Booster: Train Your Brain Like Any Other Part of Your Body
  10-11 a.m. RSVP
  $5 Fee
- Managing Your Health One Click at a Time: MyChart Demonstration
  11 a.m.-noon RSVP
- Guided Meditation for Wellness
  2:30-3 p.m. RSVP
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Saturday, July 1**
- Babes and Babies Fitness Class
  9-10 a.m.
- Essential Oils 101
  1-2 p.m. RSVP
- How to Find a Job with Lee Health
  10-11 a.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Lighten up Summer Sides Cooking Demo
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  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Friday, July 14**
- Chopping Demo: Techniques for Prepping Fruits and Veggies
  Presented by the Estero High School Culinary Program
  3-4 p.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Lighten up Summer Sides Cooking Demo
  11 a.m.- noon RSVP
- Babes and Babies Fitness Class
  9-10 a.m.
- Essential Oils 101
  1-2 p.m. RSVP
- How to Find a Job with Lee Health
  10-11 a.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP

**Tuesday, July 18**
- Managing Your Health One Click at a Time: MyChart Demonstration
  11 a.m.-noon RSVP
- Guided Meditation for Wellness
  2:30-3 p.m. RSVP
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Saturday, July 15**
- Chopping Demo: Techniques for Prepping Fruits and Veggies
  Presented by the Estero High School Culinary Program
  3-4 p.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Lighten up Summer Sides Cooking Demo
  11 a.m.- noon RSVP
- Babes and Babies Fitness Class
  9-10 a.m.
- Essential Oils 101
  1-2 p.m. RSVP
- How to Find a Job with Lee Health
  10-11 a.m. RSVP
- Heart Report Card
  10:30 a.m. -3:30 p.m.
  Call 239-424-1499 for fees and to make an appointment
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Friday, July 21**
- Babes and Babies Fitness Class
  9-10 a.m.
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Monday, July 17**
- Brain Booster: Train Your Brain Like Any Other Part of Your Body
  10-11 a.m. RSVP
  $5 Fee
- Managing Your Health One Click at a Time: MyChart Demonstration
  11 a.m.-noon RSVP
- Guided Meditation for Wellness
  2:30-3 p.m. RSVP
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Tuesday, July 25**
- Managing Your Health One Click at a Time: MyChart Demonstration
  11 a.m.-noon RSVP
- Guided Meditation for Wellness
  2:30-3 p.m. RSVP
- Essential Oils Skincare Make & Take
  10-11 a.m. RSVP
  $10 Fee
- Diabetes Neuropathy
  2-3 p.m. RSVP
- Your Skin for Life
  10-11 a.m. RSVP
- Natural Solutions for Headaches
  3-4 p.m. RSVP

**Healthy Life Center**
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Suite 105
Estero, FL 33928
9 a.m.-6 p.m., Monday-Friday, 9 a.m.-4 p.m., Saturday
For information, call 239-495-4475. For upcoming events, go to LeeHealth.org/HealthyLifeCenter