The new Golisano Children’s Hospital of Southwest Florida celebrated with a special open house in April that honored a community’s efforts to make quality health care for its children a reality.

Located on the grounds of HealthPark Medical Center, the new hospital is a seven-story tower that serves children and families from Lee, Collier, Charlotte, Hendry and Glades counties. The building consolidates into one location the medical and specialty services required to treat critically ill or injured children. The comprehensive pediatric facility is the only acute care children’s hospital between Tampa and Miami. “Our goal was to provide a regional service as close to home as possible,” explains Lee Health President and CEO Jim Nathan. “Many premature infants and children with complex, long-term care challenges require multiple inpatient visits over many months and years. This is not only challenging for the child but also for the entire family. The farther they have to travel, the greater the stress on the family while facing a major challenge for the child. Today we have the ability to not only save lives but help children thrive.”

Formal planning and fundraising for the hospital began in 2010, but in 2012 businessman B. Thomas Golisano pledged to match $20 million in private donations. Energized by the chance to support children’s health care and the hospital’s construction, an eager community met the challenge in only a year’s time. The hospital was off and running toward its fundraising goal of $100 million, which it reached in November 2016.

“Without the community’s generous philanthropy, this hospital would not be a reality,” says Kathy Bridge-Liles, chief administrative officer of Golisano Children’s Hospital. “Thousands of people in this community understood the need and supported the fundraising for over five years.”

The 292,000-square-foot hospital has 128 private patient rooms—expandable to 160 beds—that enable parents, grandparents or legal guardians to stay with their children and grandchildren 24 hours a day during critical times. The family centered rooms provide sleeping accommodations for two parents/guardians, a private bathroom with a tub and shower, and wireless networking for personal computing. Each room offers state-of-the-art equipment and technology near the entrance of the room to ensure maximum privacy for the patient and family during their hospitalization.

“Golisano Children’s Hospital of Southwest Florida is about keeping families together, so they don’t have to travel long distances to get health care services they need for their children or newborns,” says Lee Health Chief Operating Officer Larry Antonucci, M.D. “When I first came to Southwest Florida, folks had to travel to Tampa or Miami for those services. The building of the hospital is a tribute to everyone in this community who recognized the need and made it happen.”

Hospital amenities include an outdoor garden area, a second-floor emergency room with elevated ramp and parking area for patients and families, indoor and outdoor play areas to accommodate children with special needs, and a concierge area operated by the Ronald McDonald House organization.

“The facility’s neonatal intensive care unit has 64 private rooms, offering capacity for all critically ill and premature newborns in the region, Kathy notes. “Because all of our services are patient and family focused, most of our amenities were requested and then designed by parents and children.”

Dr. Antonucci adds, “For pediatricians working in the community, Golisano Children’s Hospital of Southwest Florida is an incredible asset for children who need specialized care. The physicians can literally send their patients right up the road. This is why the hospital is so important to the community because it provides state-of-the art, high-quality health care to children, close to home.”
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LEE HEALTH FOUNDATION NEWS & EVENTS

CHEERS to Reaching Our Goal!

A community wide effort, hundreds of businesses, organizations and individuals contributed to the $100 million goal to build the new Golisano Children’s Hospital of Southwest Florida. This is the hospital that YOU built for OUR community!

Golisano Children’s Hospital of Southwest Florida
Lee Health

Little Red Wagon Fund

The capital campaign was just the beginning. When the new Golisano Children’s Hospital of Southwest Florida opens in 2017, we know it will quickly fill with our community’s youngest, most vulnerable patients. Every dollar raised for Golisano Children’s Hospital will be used to benefit young patients for generations to come. In addition to the children’s hospital at HealthPark Medical Center in Fort Myers, Lee Health serves children close to home through the Pediatric Specialty Clinic in Port Charlotte and the Golisano | Nicklaus Children’s Health Center in Naples.

Fill the wagons at Golisano Children’s Hospital with donations that address critical pediatric care. In partnership with Lee Health Foundation, you can transform the future of Southwest Florida and have a lasting impact on our community through your generous support.

Call 239-214-0819 or visit LeeHealthFoundation.org for more information.

Red Sox Celebrity Classic Hits a Home Run for Golisano Children’s Hospital Once Again!

Red Sox fans and Golisano Children’s Hospital supporters came out for Red Sox Celebrity Classic to raise more than $1 million for Golisano Children’s Hospital and the Little Red Wagon Fund. This was the 24th year of the golf event and the 20th year of the Diamond Dinner event. The series, which has raised nearly $11 million, included a "Tee Party" and tournament with Red Sox players such as Chris Sale, Dustin Pedroia, Mookie Betts, Andrew Benintendi, David Price, Rick Porcello, Blake Swihart, as well as former greats, including Jim Rice, Luis Tiant, Derek Lowe and Jason Varitek. The Diamond Dinner event concluded the series of events with Red Sox fans and Golisano Children’s Hospital supporters dining on the field at JetBlue Park, made complete with Red Sox celebrity appearances and autograph signings, a sports memorabilia-filled silent auction, and music and fun for the whole family.

As in past years, all funds raised by the events were matched on a dollar-for-dollar basis by longtime Golisano Children’s Hospital supporters. The following major sponsors made this event possible: The Boston Red Sox Organization, The Forest Country Club, PricewaterhouseCoopers, Yawkey Foundation, Florida Radiology Consultants, Storm Smart and WebTPA.

Barbara’s Friends—Golisano Children’s Hospital of Southwest Florida Cancer Fund

For more than 20 years, Barbara’s Friends has provided equipment, staffing and services to support lifesaving cancer care for children from across Southwest Florida at Golisano Children’s Hospital of Southwest Florida. The Pediatric Hematology/Oncology Program is the ONLY program of its kind in Southwest Florida, and has served more than 3,500 patients since opening. No child is denied treatment or turned away because of his or her family’s inability to afford care.

This past year, Barbara’s Friends founder Frank Haskell announced creation of the Kimmie’s Angels Family Assistance Fund, named in memory of Kimmie Kinkle. Kimmie, who passed away in December 2016 at age 35, was the daughter of Al Kinkle, Barbara’s Friends chair, and his wife, Debbie. The fund recognizes and honors Al and Debbie’s 14-year commitment to helping kids with cancer through their active involvement with Barbara’s Friends.

Young patients and families battling cancer face many physical, emotional and financial challenges. Kimmie’s Angels will support, sustain and enhance the Barbara’s Friends mission to help families with financial assistance while in treatment at Golisano Children’s Hospital of Southwest Florida.

Become an “Angel” today by making a $300 donation so families can focus on helping their kids get well.

LeeHealthFoundation.org/BarbarasFriends

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LeeHealthFoundation.org/BarbarasFriends
Not On My Watch!

Golisano Children’s Hospital of Southwest Florida’s new Pediatric Behavioral Health Initiative will assist children with behavioral and mental health disorders and enable them to receive the proper diagnosis, the right treatment and the best community resources to live successful and productive lives.

An estimated 46,000 children in Southwest Florida have or have had a seriously debilitating mental disorder. Providing services and financial support to these children and families has not been a top priority for the State of Florida nor the Southwest Florida region. As we look to the future and continue to provide high-quality comprehensive care, pediatric behavioral health is a growing need and a priority for Lee Health and our community.

Because of caring advocates in our community, the conversation around this invisible illness has started and more than $7 million has been raised to get this program off the ground. If you would like to make a donation, please go to www.leehealthfoundation.org/make-a-donation.asp or call 239-343-6950.

Your tax-deductible philanthropic gift will provide essential funding to create a pediatric behavioral health program and assist with the hiring of mental and behavioral health professionals, provide inpatient and outpatient counseling and therapy, assist with case management and navigation and support families of children with behavioral health issues.

What may seem like a small gift to you can mean hope for countless children and their families. Your generosity helps ensure that everyone in our community has access to the very best care.

Inaugural Secret Garden Gala a Success for Pediatric Behavioral Health in SWFL

The inaugural Secret Garden Gala to support pediatric behavioral and mental health at Golisano Children’s Hospital of Southwest Florida was held in March at Shangri-La Springs in Bonita Springs. More than 200 guests and supporters of Lee Health Foundation’s newest initiative attended, raising more than $650,000.

The event’s theme was “Secret Garden,” representative of the invisible illnesses that debilitate an estimated 46,000 children living in Southwest Florida. These children have an untreated mental or behavioral disorder such as ADHD, autism, bipolar disorder, depression, eating disorders or drug and/or alcohol abuse, among others. Guest attended in black-and-white attire and participants’ faces were decorated with whimsical designs and images to reflect their unique individuality.

Two generous donors shared their personal stories of how the right services and support for children and families helped save their daughter. Upon finishing, they received a standing ovation. Their donations invited a match for every dollar raised that night. In the past 12 months, Kids’ Minds Matter has raised more than $790,000 through fundraising efforts, including $100,000 contributed by the 7th Annual Golisano Children’s Hospital Fashion Show.

Event proceeds will fund the efforts of Golisano Children’s Hospital of Southwest Florida and its partners to provide children with pediatric mental or behavioral disorders proper care and treatment, as well as offer supportive resources for their families. Through the initiative, children will receive proper diagnosis as well as the necessary treatment and resources that include access to world-class physicians, inpatient and outpatient counseling, assistance with case management and navigation through the health care system.

Visit LeeHealthFoundation.org/Events for more information!

August 2017
• Rumrunners Celebrity Chef Night
October 2017
• Spirit of Children
November 2017
• #GivingTuesday
December 2017
• Naples Golisano Gala
• Golisano Children’s Hospital Fashion Show
January 2018
• 16th Annual “Helping Kids with Cancer” Radiothon
• Marine Max Gala

February 2018
• Lexington Charity Golf Classic
• Red Sox Celebrity Golf Classic
• SWFL Wine & Food Fest
March 2018
• Kids’ Minds Matter
• Madisen’s Match
April 2018
• SanCap Cares Island Celebration
Overview of Golisano Children’s Hospital’s Different Floors

It’s All About Our Kids

Your children matter the most. That’s why Golisano Children’s Hospital was designed exclusively for kids and with kids in mind.

Let Sunny and Sparkle, our Sunshine Explorers, help guide where you need to go in the new hospital. Our new mascots and their friends are everywhere—on food menus, food carts, educational books, coloring booklets, floor sculptures and elsewhere.

From color-coded elevator directories to bold white directional lettering, each floor of the hospital is designed to more easily guide families and reduce stress during their visit. Melissa Flaugher, senior facilities designer of Golisano Children’s Hospital says, “A variety of unique and fun seating arrangements allows the child in all of us to enjoy spectacular, breathtaking views of the surrounding areas and take advantage of the healing qualities of nature and natural light. When the sun goes down, patients can control the color of the LED color-changing light located in their rooms. Their color choices are seen from outside the building; this is a design expression controlled entirely by patients and their families.”

Each floor has a greeter, a special character sculpture that ties together the floor’s color and theme so patients and families can find their way in a more memorable fashion than traditional written signage. The photos reflect each floor’s theme and reinforce the healing qualities of nature.

The hospital’s Neonatal Intensive Care Unit (NICU), home to 64 private rooms, is equivalent in size to a football field. Melissa says the NICU stands independent of the rest of the facility’s design when it comes to themes and way-finding. “It takes on a more quiet nursery-like feel with seven uniquely themed and colored neighborhoods so families can better identify their own space and can feel comfortable navigating in such a large area.”

Chief Administrative Officer Kathy Bridge-Liles says these kid-friendly features, bright colors and special design elements are intended to make patients happier, healthier and heal faster so they can return home sooner. “The design team was amazing to work with, incredible and very creative and innovative in their design approach,” she says.

Kid-friendly features of our new children’s hospital include:

- “Kidzspace” application-based game tables and NunoErin “drum tables” with simple, interactive color-changing lights in the public lobbies on floors 3-7.
- “Gesturetek” interactive nature murals are projected on large walls, lobby and activity room floors.
- Full surround sound—the Media Wall in the first floor lobby can be used for Movie Night as well as educational and community presentations.
- A shaded play area with soft play sculptures and an outdoor chalk wall on which kids can draw, located outside the first floor in the therapeutic Cohen Family Garden.
- Nondenominational chapel with vibrant, stained glass and child friendly seating.
Does Your Child Have A Food Allergy?

Every year more than 15 million Americans have an allergic reaction to the foods they’ve eaten, including about 4-6% of children. This potentially deadly reaction may affect one in every 13 children (younger than 18 years of age) in the United States, says pediatric allergy specialist Elvin Mendez, M.D. That’s about two children in every classroom.

According to Dr. Mendez, an allergic reaction occurs when the body’s immune system does not recognize the food. “Reactions to these foods by an allergic child can range from a tingling sensation around the mouth and lips and hives to death, depending on how severe the allergy is,” he explains. “When a child has symptoms of a food allergy, the reaction may range from mild to life threatening. It can start suddenly, within minutes or up to two hours after the child has eaten the allergy causing food, or food allergen, as it’s called.”

A severe allergic reaction with rapid onset, called anaphylaxis (pronounced anna-fih-LACK-sis), can be life threatening, says Dr. Mendez. “This dangerous allergic reaction can involve various organs of the body, including skin, respiratory system, cardiovascular system and gastrointestinal tract.”

Symptoms of an allergic reaction include:

- **Skin**: hives (itchy red bumps), swelling or redness of face or extremities, sweating
- **Respiratory**: shortness of breath, wheezing
- **Cardiovascular**: fainting or feeling lightheaded, rapid heartbeat
- **Gastrointestinal**: nausea, vomiting, abdominal cramps

Eight types of food account for more than 90% of allergic reactions in children: milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat. “Allergies to milk, egg, wheat and soy generally resolve in childhood,” Dr. Mendez says. “But allergies to peanuts, tree nuts, fish or shellfish tend to last throughout life.

When Dr. Mendez evaluates a child for a food allergy, he asks the parent about his or her child’s frequency of symptoms and relationship with eating. Dr. Mendez also asks about family members who may have allergies or conditions like eczema and asthma.

Dr. Mendez may perform a skin test in which the child is exposed to food allergens to see if any reddish raised spots (called wheals) develop on his or her skin. “A positive test to a certain food shows the child’s probably allergic only to that food, but I may do other tests to confirm that, such as blood and food challenge tests,” he says.

Elvin M. Mendez, M.D.
Pediatric Allergy & Immunology
22655 Bayshore Rd.
Port Charlotte, FL 33980
941-255-3722
Golisano Children’s Hospital NEWS

Thank you to our sponsors for making Golisano Children’s Hospital of Southwest Florida’s open house events a success!

We appreciate your generosity and support of child health care in our community.

Golisano Children’s Hospital of Southwest Florida Pediatric Clinics throughout Charlotte and Collier Counties

The Children’s Rehabilitation Center of Naples

Location: 3361 Pine Ridge Road, Naples FL 34109
Phone: 239-254-4270
Hours: Monday-Thursday, 7:30 a.m.-6 p.m. Friday, 8 a.m.-4 p.m.
Pediatric Pharmacy: Monday-Friday, 9:30 a.m.-5:30 p.m.

Services include:
• Allergy and Immunology*
• Cardiology*
• Developmental and Behavioral Medicine*
• Endocrinology*
• Ear, Nose & Throat*
• Gastroenterology*
• General Pediatric Surgery*
• Hematology/Oncology*
• Infectious Disease*
• Neonatal Development Clinic*
• Nephrology*
• Neurosurgery*
• Orthopedics*
• Pulmonology*
• Sleep Medicine*
• Kids’ Urgent Care
• Pediatric Lab*
• Pediatric Pharmacy (serving adults and children)
• Pediatric Rehabilitation*
• Physical Therapy*

* The following (*) services require a referral from a primary care doctor or pediatrician.

Pediatric Specialty Clinic – Port Charlotte

Location: 22655 Bayshore Road, Suite 120, Port Charlotte FL 33980
Phone: 941-235-4900
Hours: Monday-Friday, 8 a.m.-4:30 p.m.

Services include:
• Allergy and Immunology*
• Cardiology*
• Developmental and Behavioral Medicine*
• Ear, Nose & Throat*
• Endocrinology*
• Gastroenterology*
• Hematology/Oncology*
• Infectious Disease*
• Nephrology*
• Neurology*
• Pulmonology*
• Sleep Medicine*
• Surgery*

The Children’s Rehabilitation Center YMCA

Location: 5450 YMCA Road, Suite 101, Naples, FL 34109
Phone: 239-591-6001
Hours: Monday & Wednesday, 8 a.m.-6 p.m.
Tuesday & Thursday, 7:30 a.m.-6 p.m.
Friday, 8 a.m.-4 p.m.

Services include:
• Physical therapy*
• Occupational therapy*
• Speech therapy*

Kids’ Urgent Care: Open 7 days a week, 11 a.m.-11 p.m.
Urgent Care Phone: 239-254-5920
The ABCs of Water Safety Can Help Close the Gap

Southwest Floridians enjoy their recreational water activities year-round, but especially during the region’s summer months. It’s the time of year when area children have more time on their hands, which means parents and caregivers have to be especially vigilant of small children when it comes to water safety and prevention.

More children younger than age four die from drowning in Florida than in any other state. Pediatric critical care physician Alex Daneshmand, D.O., says, “The sad fact is every year in Florida, because of drowning, we lose the equivalent of a classroom of kindergartners.”

The good news is that these deaths are 100% preventable, says Dr. Daneshmand. “The most common risk factor for unintentional drowning is a brief lapse of supervision on behalf of well-meaning adults,” he says. “Sometimes we pay more attention to the burger on the grill than we do our young children playing in and around the water. We don’t mean to, of course. All of us have busy lives and we can get distracted without meaning to. That’s why it’s critical that when we and our children are anywhere near water, we all practice our ABCs.

Dr. Daneshmand is referring to the three simple steps that parents and caregivers can take to reduce the risk of a drowning accident: adult supervision, barrier and CPR. “Each one of these goes a long way to help close that ‘gap’ of supervision that can happen when we get momentarily distracted,” he says. “These steps can slow down the possibility of an accident happening long enough for an adult or caregiver to take preventive action.”

Practice Your ABCs

A. Adult supervision. Never leave a child alone in or around water. An adult should always be at arm’s length away. Designate an adult as the “Water Watcher,” especially during social gatherings.

B. Barrier. Create barriers to the backyard pool. Barriers could be a pool fence at least four feet high with a self-latching/self-closing gate. Encourage parents to place pool alarms on the doors and windows leading to the pool.

C. CPR. Encourage caregivers to attend a local CPR class. CPR saves lives. Remind parents, in case of drowning accidents, CPR should start at the poolside.

Lily Pads Provide Rolling Perch for Pediatric Patients

There’s not a frog in sight, but the lily pads at Golisano Children’s Hospital of Southwest Florida are often occupied by special guests—pediatric patients who need to get from place to place.

The wooden lily pads provide a place for patients to rest as they roll down the hallway on the way to a medical test or back to their room. Sisters Marisa and Jessica Sauer are in the process of creating more than 80 lily pads for Golisano patients when the new facility opens in May.

“Most people don’t know we’re doing this,” Marisa Sauer says. “Jessica and I have decided to take on the challenge of creating a large number of lily pads because we know the effects of a project like this in our community. We have worked directly with Sherwin Williams and Raymond Lumber of North Fort Myers and have received donations in full. We also received a grant from the Center for Environmental and Sustainability at Florida Gulf Coast University.”

The idea originated with a 17-year-old cancer patient in Auburn, Wash. Nick Konkler fought cancer his entire life and knew the challenges of being a young patient in a hospital setting. He had the idea of building a decorative wooden platform to place on the bottom of IV poles for kids to have a safe place to sit as they were walked around the hospital while connected to their treatment. He began by creating a lily pad for himself in his wood shop class. Nick died in February 2015 and was unable to bring his idea to a broader audience, but his classmates and teacher have spread the word, and the pattern, on the internet.

FGCU’s Azul the Eagle and patient pose on a second floor “Pearl” bay scallop lily pad.

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Screen Your Child or Teen for Depression Before It’s Too Late

Feeling sad, down or irritable every so often are normal reactions to stressful situations. But if your child or teen is depressed, these feelings of stress may lead to serious problems. About 20% of teenagers and kids experience depression before they reach adulthood.

Denise Dutchak, M.D., a child psychiatrist with Golisano Children's Hospital of Southwest Florida, says the signs and symptoms of depression in children and teenagers can be negative and destructive thoughts, words and behaviors. “Often, what the parents tell me is that their child or teen is isolating themselves in their room,” Dr. Dutchak says. “They aren’t coming out and enjoying family activities, they’re not talking to their friends, they’re withdrawing at school, or they’re irritable, defiant and self-defeating. Sleep disturbance, changes in appetite and tiredness may also indicate a depressive disorder.”

Depression may be caused by untreated stress, a family history of mood disorders, history of abuse and neglect, substance abuse, untreated anxiety disorders, medications, an environment that is not respectful and devalues the child or teen. Certain medical conditions may manifest as depression.

If your child or teenager’s behavior and mood have changed, it may be time to screen them for depression. “It’s a very serious problem and if a parent, teacher, friend or anybody has a question about it, then they need to get that person help,” Dr. Dutchak says. “There is excellent treatment out there, such as psychotherapy, cognitive behavioral therapy (CBT), medication treatment, improvement of health with better nutrition and exercise, improvement in relationships with family and friends so that they can live a healthy life and don’t have to suffer.”

If your child or teenager’s behavior and mood have changed, it may be time to screen them for depression. “It’s just a 9-question evaluation graded from zero to three, and anything above a certain score may indicate the presence of depression,” Dr. Dutchak explains. “One of the key issues is how depressed are they? Are they to the point where they have lost interest and meaning to their lives? Are they suicidal? Or is their behavior an adjustment to stress in their lives?”

Signs and symptoms of childhood and teenage depression may include:

- Sadness, crying
- Isolation, withdrawal from family and friends
- Impaired sleep—too much or too little
- Appetite changes
- Loss of interest in school and other activities
- Decreased grades
- Defiance
- Engaging in negative and self-defeating behaviors
- Low self-esteem
- Self-injury, suicidal thoughts and/or attempts

Because HPV can be transmitted sexually, many parents are concerned with the idea of vaccinating a child who is not sexually active, but there are reasons we administer the vaccine at particular ages and in specific timeframes, including:

- The best time to vaccinate is before exposure to the infection
- HPV is transmitted by any skin contact, not just sexual contact.
- The prevalence of HPV—80% of people will acquire HPV in their lifetime.
- Vaccinations completed by 11-12 years of age provide the best protection before the child engages in any type of sexual activity.
- Younger children make even better antibody responses to the vaccine so they only need two doses, if vaccination starts before the age of 15.
- Numerous research studies show that getting the HPV vaccine does not influence sexual activity.

Discuss options for vaccination with your doctor or your child’s pediatrician.

The vaccine not only provides 90% protection against the types of HPV that cause cervical cancer, but also protects males from other cancers.

HPV Vaccine, Routine Immunizations

Human papillomavirus, or HPV, is a virus transmitted by skin-to-skin contact, including sexual contact. According to the CDC, HPV causes 30,700 cancers in men and women each year. The HPV vaccine, however, can prevent most of those cancers—about 28,000—from occurring.

The vaccine not only provides 90% protection against the types of HPV that cause cervical cancer, but also protects males from other cancers. Michelle Hoffman, M.D., a pediatric infectious disease specialist with Golisano Children’s Hospital of Southwest Florida, says the HPV vaccine should be included with your child’s routine immunizations.

“The Advisory Committee on Immunization Practices recommends that HPV vaccination be completed for girls and boys by 11-12 years of age,” Dr. Hoffman says. “The vaccine series can start as young as age 9. If not completed by age 12, the catch-up vaccine is recommended for administration in females between the ages of 13 and 26 and for males between the ages of 13 and 21.”

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Peace of Mind
Join us for a Free Planning Seminar to explore options for care, veterans benefits, cremation and burial and more.
Melissa Smith Advanced Planning RN
Tuesday, April 4, 10 a.m.
To register, call 239-343-1723.

Multiple Myeloma Support Group
6-7 p.m., third Thursday of the month
Hope Hospice, 4970 HealthPlex Blvd.
Contact Janie Borbylo at 239-345-4017 or jborbylo@mykmva.org.

Oral, Head and Neck Cancer Support Group
3-4 p.m., fourth Thursday of each month
Gulf Coast Medical Center - Harborside Suite 302
To register, call 239-343-3234.

Thyroid Cancer Support Group
10:30 a.m., third Thursday of the month
Regional Cancer Center - Suite 302
For more information, please contact Patricia Martone at 239-343-5949 or Patricia.Martone@LeeHealth.org.

Mastectomy Pre-Operative Education Class
5-6:30 p.m., Tuesday
Regional Cancer Center - 2nd floor meeting room
Information on training and information regarding your upcoming mastectomy.
To register, call 239-343-9100 or 239-345-3468.

Breast Cancer Support Group
10 a.m., second Friday of each month
Regional Cancer Center - Suite 302
The Breast Cancer Support Group is a support group for local women who have been recently diagnosed with breast cancer.
To register, call 239-343-5499 or Patricia.Martone@LeeHealth.org.

Abdominal Surgery Pre-Operative Education Class
10:30 a.m., second Wednesday of each month, Regional Cancer Center - 2nd floor meeting room
A class designed to work with patients and caregivers for the health and well-being of surgical patients.
To register, call 239-343-5499 or Patricia.Martone@LeeHealth.org.

Breast Support Group
10 a.m., second Friday of each month
Regional Cancer Center - 2nd floor meeting room
For those who have difficulty getting to the hospital.
To register, call 239-343-5499 or Patricia.Martone@LeeHealth.org.

Stoke Support Group
4-5:30 p.m., every third Tuesday of the month
Regional Cancer Center - 2nd floor meeting room
A class designed to work with patients and caregivers for the health and well-being of stroke patients.
To register, call 239-343-5499 or Patricia.Martone@LeeHealth.org.

Diabetes Self-Management Class
This includes 8 hours of classroom education taught by nephrologists who are certified by the International Council for Education in Apheresis (ICEA).
This day class is taught by a hospital staff nurse for 60 credits.
To register, call 239-597-3148.

Chronic Pain Self-Management Program
This program addresses chronic pain due to arthritis, fibromyalgia, low back pain, or other conditions. It is a 10-week program taught by the tools and strategies needed to understand and manage chronic pain.
During the program, you will learn about tools that help with pain, important chronic activity modifications and planning and much more.
For more information call: 239-343-5828.

Baby Care & Car Seat Safety
This one-time class is for expectant parents. The class is designed to become comfortable and confident in your parenting role following the birth of your baby. This class also teaches parents how to select and install child restraint systems. Classes take place throughout the year.
To register, call: 239-547-5271 or visit LeeHealth.org/BirthEd.

Wellness Management
A program of weight loss counseling and nutrition education for adults.
To register, call 239-342-3578.

Wellness Weight Management
You will learn about tools that help with weight loss counseling and nutrition education for adults.
To register, call 239-342-3578.

Wellness Support Group
Support group for individuals and families who have a chronic illness.
For more information call: 239-343-5828.
### Every Monday
- **Yoga Classes** – all levels welcome, please bring a mat
  - 8:30-4:30 p.m. (5/8, 5/15, 5/22)
  - 5-6 p.m. (5/1, 5/8, 5/15, 5/22)
- **Call 239-495-4475 to RSVP**

### 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 and Saturday
- **Walking Club**
  - Via Sardinia Street
  - Via Venezia Street
  - Dilliards
  - Fashion Drive
  - Via Villagio

### Every other Thursday (5/4, 5/18)
- **Fourth Trimester Club**
  - 12-1 p.m. moms and children 0-1 year
  - RSVP

### Every Friday
- **SWFL Produce Box Pickup**
  - 4-6 p.m.
  - To place an order visit swflproduce.net

### Saturday, May 6
- **Mommy and Me Yoga**
  - 9-10 a.m. RSVP
  - Children 0-3 years old
- **Essential Oils 101**
  - 11 a.m.-noon RSVP

### Tuesday, May 8
- **Nutrition for Arthritis and Inflammation**
  - 10-11 a.m. RSVP

### Tuesday, May 9
- **Heart Report Card**
  - 10:30 a.m.-3:30 p.m.
  - Call 239-424-1499 for fees and to make an appointment
  - A noninvasive screening program for those who may not have symptoms, but could be at risk for heart disease.

### Saturday, May 10
- **Isolation: Enemy of Positive Aging**
  - 3-4 p.m. RSVP

### Thursday, May 11
- **Furry Friends and Their Health Benefits**
  - 3-4 p.m. RSVP

### Friday, May 12
- **Advanced Directives and Living Wills**
  - 10:30 a.m.-noon RSVP
- **Cataract Laser Surgery Lecture and Screenings**
  - 1-2:30 p.m.
  - Dr. John Snead, ophthalmologist
  - Light snacks served for healthy eyesight
  - By appointment only. Call 239-495-4475
- **AromaTouch Application of Essential Oils**
  - 4-5 p.m. RSVP

### Monday, May 15
- **Brain Booster: Train Your Brain Like Any Other Part of Your Body**
  - 10-11 a.m. RSVP
  - $5 Fee
- **Aging Gracefully**
  - 1-2 p.m. RSVP

### Tuesday, May 16
- **The Impact of Food on Health**
  - 1-2 p.m. RSVP
  - Dr. Salvatore Lacagnina, internal medicine
- **Using Resistance Bands for Exercise and Stretching**
  - 3-4 p.m. RSVP

### Wednesday, May 17
- **Nutrition Management of High Cholesterol**
  - 10-11 a.m. RSVP
- **AromaTouch Application of Essential Oils**
  - 4-5 p.m. RSVP

### Friday, May 19
- **Pancreatic Cancer Lunch and Learn**
  - 12-1 p.m. RSVP
  - Dr. Mark Bloomston, oncologist
- **Low Testosterone in Men**
  - 2-3 p.m. RSVP
  - Dr. Alejandro Miranda-Sousa, urologist

### Wednesday, May 24
- **Probiotics: Utilizing Bacteria**
  - 3-4 p.m. RSVP

### Thursday, May 25
- **Brunch and Learn: How Hearing Loss Affects Memory and Cognitive Ability**
  - 1-4 p.m.
  - By appointment only. Call 239-495-4475

### Monday, May 22
- **Menopause: What Are My Treatment Options?**
  - 10-11 a.m. RSVP
  - Dr. Lesley Furman, OB/GYN

### Wednesday, May 24
- **Body Composition Testing and Guidance**
  - 1-4 p.m.
  - By appointment only. Call 239-495-4475

### Thursday, May 25
- **Furry Friends and Their Health Benefits**
  - 3-4 p.m. RSVP

### Friday, May 26
- **Advanced Directives and Living Wills**
  - 10-11 a.m. RSVP
- **AromaTouch Application of Essential Oils**
  - 4-5 p.m. RSVP

### Monday, May 29
- **Nutrition for Arthritis and Inflammation**
  - 10-11 a.m. RSVP

### Wednesday, May 31
- **NATIONAL SENIOR HEALTH AND FITNESS DAY**
  - **Bike Fitting Consultations**
    - 8:30-10:30 a.m.
    - By appointment only. Call 239-495-4475
  - **Lunch and Learn: Wellness for Seniors**
    - 11:30 a.m.-12:30 p.m. RSVP
    - **Brain Booster Introduction Class**
      - 1-2 p.m. RSVP
    - **Introduction to Pickle Ball & Demonstration**
      - 3-4 p.m. RSVP