With a century of caring, Lee Memorial Health System has emerged with a new name and a promise of caring for the community. While Lee Health delivers the same quality care patients have come to expect for the past 100 years, the new name signifies an increased awareness of the important role to help strengthen our community’s overall health and well-being.

“The U.S. health system has the finest, most expensive repair-center focused health system in the world,” says Jim Nathan, president and CEO, Lee Health. “As a nation, we have invested heavily in technology, pharmaceuticals, facilities and clinical specialization. Lives have been saved but at a great expense.

“Lee Health is committed to continue to invest in life-saving technology, procedures and impressive staff and physicians; however, it is essential that as a nation we shift the focus to healthier lifestyles, more prevention, chronic care management, health education and improved coordination of care that transcends prior to and following any hospitalization.”

In recent years, Lee Health has invested more and more in strengthening overall community health and has increased community partnering healthier lives, more prevention, chronic care management, health education and improved coordination of care that transcends prior to and following any hospitalization.

In order to assure that the many entities operated by us understand that improved coordination of care starts with our own commitment, Lee Health provides both an internal signal to all system entities, employees, physicians and volunteers of this commitment, and also reminds the community that we are committed to helping the residents and visitors live healthier lifestyles while promoting a healthier community.

“The more we focus on improving the entire coordination of care, improved health education, wellness, lifestyle, community partnering, etc., the more we will help strengthen overall care and help us become a healthier community.” Jim says. “We remain Lee Memorial Health System doing business as Lee Health; thus, all insurance contracts remain in force. Patients do not need to do anything different when making an appointment with their physician or other Lee Health operations.”

Lee Health will add more services with major expansion already planned for Gulf Coast Medical Center and Lee Health-Coconut Point.
CMAA Charity Classic Golf & Gala Benefit Barbara's Friends

The two-day event kicks off Sunday evening at the Naples Yacht Club. The Charity Classic continues Monday morning with a Golf Tournament at Wyndemere Country Club. Individual gala tickets are $150 per person. For more information and to make reservations for the golf tournament or gala, email Lisa Vongay at Lisa@eventfulinc.com.

The Everglades Region of the Florida Chapter of the CMAA, which has been raising funds for children in Southwest Florida for many years, stepped forward in 2011 when its members committed to raise $500,000 for Barbara’s Friends by 2015 and that goal was met last year. Since its inception in 1998, the Charity Classic has raised more than $1.65 million for children in Lee and Collier counties.

Great Ways to Give

As you begin to map out your year-end charitable giving plans, please consider these ways to support Lee Health’s lifesaving mission:

- Capital Campaign – Consider making a gift to help build the new Golisano Children’s Hospital of Southwest Florida.
- Unrestricted Gift – Your unrestricted gift allows Lee Health to direct your donation to meet our most urgent needs.
- Honor a Loved One – Show you care by making a gift to celebrate his/her accomplishments, memory or milestone event.
- Stock – Donating appreciated stock may allow you to make a charitable donation while improving your capital gains tax situation.
- Will and Estate Gifts – Name Lee Health as a beneficiary of your will, trust or other estate plan.

For additional event details, please visit www.cmaacharityclassic.com. Those wishing to donate auction items are asked to contact Lori Cook North at 239-287-0780 or lori@eventfulinc.com.

Spirit Halloween Stores Partner with Golisano Children’s Hospital of Southwest Florida

Golisano Children’s Hospital of Southwest Florida is pleased to announce Spirit Halloween stores in Collier, Lee, Charlotte and Sarasota counties will once again support pediatric hospital care by providing a 10% discount to customers while at the same time making matching donations to the children’s hospital through Oct. 31.

Golisano Children’s Hospital supporters are invited to visit LeeHealth.org/foundation/spirit.asp to learn more about the Spirit of Children program sponsored by Spirit Halloween. Last year the program donated more than $27,000 to the Child Life Program at Golisano Children’s Hospital.

“We’re excited Spirit Halloween is again stepping forward to help Golisano Children’s Hospital provide young patients with important services through our Child Life Department,” said Skip Leonard, chief foundation officer, Lee Health Foundation. “This is a wonderful way for people to support Southwest Florida’s only children’s hospital while at the same time saving money on costumes and other Halloween merchandise. We appreciate being part of this national program and thank Spirit Halloween for helping us provide those extra touches that make Golisano Children’s Hospital so special.”

Participating Spirit Halloween store locations include:

- Cape Coral: 1810 NE Pine Island Road (Target Center)
- Fort Myers: 9360 Dynasty Drive (Next to Forum Target)
- Naples: 950 Immokalee Road (Former Walgreens)
- Port Charlotte: 2150 Tamiami Trail (Next to Charlotte Square Walmart)
- Sarasota County: To be determined

For additional information about the “Spirit of Children” program and other participating store locations, email Foundation@LeeHealth.org or call 239-214-0819.

Betty & Frank Bireley Rockin’ Ribbons & Blues Event on Nov. 11

Join us at MarineMax Fort Myers on Friday evening, Nov. 11 for the 7th Annual Betty & Frank Bireley Rockin’ Ribbons & Blues event benefiting patients receiving care at the Regional Cancer Center.

What better way to begin to usher in the upcoming holiday season than enjoying great rock and roll from two of our area’s finest bands while you dance the night away and partake of great food, cocktails and a very special surprises?

Tickets for this uniquely fun event are just $100 per person and are available for purchase online at LeeHealth.org/foundation/ribbonsandblues.asp To make reservations by phone, please call the Foundation office at 239-214-0819. Rock on!
Lee Health Physicians to Study TAVR Use on Low-Risk Patients

Over the past five years, Lee Health’s cardiothoracic surgeons along with local interventional cardiologists have employed the transcatheter aortic valve replacement (TAVR) surgery on high-risk patients who may otherwise not survive traditional aortic valve surgery. Now, Lee Health has been approved for an international trial for a new expanded indication to study a lower risk population, which may include younger and less frail patients.

The FDA-approved study will include 1200 patients. Lee Health has been approved to enroll 100 of those patients. “Comparing this transcatheter valve to other types of valves will be the defining factor,” says Lee Health cardiothoracic surgeon Brian Hummel, M.D. “If we find there is a reason to put this valve in a less frail or younger population, we will do that,” he says. “The trial will determine the longevity of the valve through follow up echocardiography.”

“The trial will involve men and women. Candidates who participate in the trial must meet specific criteria including a calculated surgical risk score of less than 3%. The trial will involve men and women. Patients are currently undergoing screening to determine if they are eligible for the trial. “We expect positive results.”

These low-risk patients will really be on the fast track. Our goal is to have them out of the hospital within 48 hours of the surgery. Then, we will track them for up to 10 years to monitor their progress.”

Physical Therapists Use Pilates to Help Patient Regain Strength

Patients who are injured or experience a deficit in flexibility often find relief and a return to health with the help of Pilates.

Developed by Joseph Pilates in the early 20th century, Pilates is a mind-body exercise that uses movement to build strength and flexibility. Lee Health physical therapists use the exercise to help injured patients return to their regular activities.

“Joseph Pilates believed that the goal of a healthy person should be to attain a strong mind and use it to gain total control over his physical body,” says Kim Pires, DPT. “We updated traditional elements and incorporate them into rehabilitation and fitness.”

The goals of modern Pilates include:
• Complete body conditioning
• Efficient movement
• Core stability
• Enhanced performance

“Our goal is to provide individuals with return to participation of an individual’s lifestyle including work, recreation, family, and community,” Kim says. “A rehabilitation Pilates practitioner will define impairments, activity limitations and participation restrictions; and implement a treatment plan designed for mobility, strength and/or control.”

The Pilates method encourages movement earlier in the treatment process by providing assistance through equipment, thus providing pain relief and return to daily functional activity. Patients who have had good results include people who have had restrictions with their mobility and/or loss of strength and stabilization. “Individuals with orthopedic dysfunction to neurological injury will benefit from the Pilates environment to affect motor learning, movement organization, and movement integration,” Kim says. “A rehab Pilates practitioner has a unique opportunity to assess an individual and then apply Pilates exercise with the knowledge base to modify exercise to keep people safe.”

Benefits of Pilates Exercise

• Coordination
• Strength
• Mobility
• Flowing movement
• Mental and spiritual rejuvenation
• Self-awareness
• Self confidence
• Restoration of natural animal movement
• Integration of mind, body, spirit
• Sense of well-being
• Enhanced quality of life
High school sports are not just fun and games. Athletes can sustain serious, even life-threatening injuries. Because injury is a realistic possibility, Collier County schools require a trainer be present during practice and competition for contact sports.

“We take our responsibility to our student athletes very seriously,” says Joe Kemper, coordinator, Interscholastic Athletics, Collier County Public Schools. “We have an athletic trainer present when a contact sport is being played and at all football practices. If a trainer is not available, we have a first responder present, or at least persons trained to administer CPR and first aid.”

In addition, football coaches are trained in proper tackling techniques; and coaches and parents stay vigilant in looking for symptoms of concussion. “We use helmets in sports that require them, but there is no equipment that can definitively prevent a concussion,” Joe says. “Helmets can prevent skull fractures, facial injuries and cuts. They cannot prevent concussions. We do everything possible to minimize injury.”

High school boys are most likely to suffer head traumas while playing football, while girls are most at-risk in soccer. “From my perspective, we want people to know we are not trying to wrap kids up in bubble wrap and keep them from playing sports,” says Mark Tesoro, injury prevention analyst, Lee Health. “In fact, quite the opposite: We want kids to play hard for a lifetime and to do so you have to play safely.”

Communication is key. An athlete’s safety is not merely the coaches’ responsibility. It is also the athlete’s and parents’ responsibility, in addition to the referee, to make sure the athlete is safe. “A kid with asthmaattle cell or seizures simply shouldn’t be trained the same way as someone without those conditions,” Mark says. “Their bodies just aren’t going to let them do certain things at certain times, no matter how much they try to ‘will’ themselves differently.”

“Regarding concussion, a kid will never say, ‘I have a concussion.’ If they say anything at all—which they would rather lose a limb than have the possibility of being taken out—they might say, ‘I don’t feel right’ or ‘something is wrong’ and it’s up to a trained professional to go from there...but the days of ‘getting your bell rung’ and going back into the game are over.”

Joe agrees. “We have a saying that helps us make the right decision,” he says. “When in doubt, hold them out.”

Where’s Larry?
With Infusion at the Regional Cancer Center

Lee Health chief operating officer and former practicing obstetrician/ gynecologist Larry Antonucci, M.D., has spent countless hours in the exam room, operating room and in the boardroom. Now, he is on a new adventure—spending time each month working in various departments throughout the health system.

Larry recently spent time with the infusion department at the Regional Cancer Center. He observed patients receiving blood and chemotherapy infusion therapy. Patients spend an average of 4-8 hours receiving infusion treatment each time they come to the center.

“We work with a patient population facing the most difficult time of their life,” says Anne Holt, nursing director, Oncology. “They are so frightened of the unknown. There are so many factors that go into the cancer experience. The nurses we have here know their patients in a unique way because some patients come for years.”

Larry also toured the pharmacy where specialized pharmacists wear sterile protective gear to mix the chemotherapy that is vital to patients’ care. He suited up in the protective gear to understand the high level of safety required when working with these high-risk medications. Pharmacist Richard Fall helped Larry manipulate the sterile gloves used in the mixing process. “Everything we do has a safety component,” he says. “When working with high risk medications, safety has got to be our No.1 concern. This includes both patient and employee safety.”

Larry says it was difficult to describe the feeling among the staff at the center. “The combination of competence, compassion and caring is so evident here and the safety culture is so dramatic. They work together to treat the whole patient, not just the cancer. They provide emotional support, which is such a critical part of cancer treatment.”
Early Detection Key to Breast Cancer Survival

October is Breast Cancer Awareness Month, a disease that will touch the lives of one in eight U.S. women. Men can also develop the disease but the rates are much lower, with about 2,600 new cases diagnosed in 2015 and 2016.

“The most important risk factor for breast cancer is being a woman,” says breast surgeon David Rock, M.D. “Any woman can develop breast cancer and the most important risk factor for breast cancer is being a woman,” says breast surgeon David Rock, M.D. “Any woman can develop breast cancer and the most important risk factor for breast cancer is being a woman,” says breast surgeon David Rock, M.D. “Any woman can develop breast cancer and the most important risk factor for breast cancer is being a woman,” says breast surgeon David Rock, M.D. “Any woman can develop breast cancer and...”

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Signs and symptoms of breast cancer usually develop late in the disease process when the tumor has reached a significant size. Thanks to routine annual screening mammography, most breast cancers are now detected before they become palpable. When they do occur, the common signs and symptoms of breast cancer are:

- Palpable lump in the breast
- Tethering or puckering of the skin
- Redness of the overlying skin
- Spontaneous nipple discharge
- Rash or ulceration on the nipple

Although it can occur, pain is an unusual symptom of breast cancer and usually only occurs when the tumor has gotten large enough to press on or grow into the skin or chest wall.

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Risk factors include:

- Age 50 or older
- Women with a family history: Women who have a first-degree relative with breast cancer are at higher risk and that risk increases as the number of close relatives with breast cancer increases.
- Being overweight, particularly after menopause
- Dense breast tissue
- Onset of first menses before age 12*
- Reaching menopause after age 55*
- Not having children*
- Excessive alcohol consumption*
- Certain types of hormone replacement after menopause*
- *Lesser risk factors

“There are some factors that can dramatically increase the risk of breast cancer, such as being a carrier of a gene mutation such as BRCA mutations that predispose you to breast cancer, or having prior radiation therapy to the chest such as for Hodgkin's Lymphoma,” Dr. Rock says. “Screening mammography is the most important and effective method of detecting breast cancer at an early stage when is most treatable.”

Mammography can detect subtle changes in the breast tissue or small clusters of calcifications that can indicate a developing breast cancer long before it can be felt during a breast examination. Often, these changes are detected when the tumor is still in the pre-cancer stage before it has the ability to spread to other organs. “The earlier the cancer is detected, the more likely it is to be curable,” Dr. Rock says. “Women with no family history of breast cancer should start getting yearly screening mammograms at age 40.

Women whose mother or sister developed breast cancer should start getting screening mammograms 10 years before the age of the relative at the time of diagnosis or at age 40, whichever is earliest.”

Treatment for breast cancer consists of surgery to remove the tumor and check the lymph nodes to determine if the cancer has spread beyond the breast. Most women are best treated with a lumpectomy, which removes only the cancer and maintains the normal size, shape and appearance of the breast. A mastectomy, which removes the entire breast, is rarely necessary if the tumor is caught at an early stage. When mastectomy is necessary, a breast reconstruction can be performed to restore the natural appearance of the breast.

“In addition to surgery, we treat patients with medications that reduce the risk of the cancer growing in other areas of the body such as the lungs, liver, or bones,” Dr. Rock says. “For some women, this means chemotherapy, but for many women taking a pill that blocks their natural estrogen is all that is required. Some women may be able to take a medication that binds specifically to the cancer cell and kills it.” These “targeted therapies” are extremely effective at stopping the cancer with very little toxicity to the patient.

Many women are also treated with radiation therapy to reduce the risk of the cancer coming back at the site from which it was removed. This may be in the breast after a lumpectomy or on the chest wall or skin after a mastectomy. “Radiation therapy is usually given in daily doses over 4-7 weeks,” Dr. Rock says. “Using the newest equipment and techniques, the radiation is only given to the breast and toxicity to other organs is avoided.”

Because of early detection due to screening mammography and improvements in treatment, most women with breast cancer have an excellent chance for being cured. The cure rate for stage I breast cancer, when the tumor is small and has not spread beyond the breast, is more than 98%. “The key to that excellent prognosis is utilizing screening mammography to identify cancers at their earliest stage,” Dr. Rock says.

Services include:

- Pediatric urgent care
- Endocrinology
- Neurology
- Surgery
- Sleep medicine
- Nephrology
- Allergy
- Infectious disease
- Hematology/oncology
- Cardiology
- Gastro-intestinal
- Autism spectrum disorders
- Pulmonology
- Orthopedics
- Pharmacy
- Lab station
- Rehabilitation services
  - Physical therapy
  - Occupational therapy
- Speech language pathology
- Audiology services

Many of the services will begin moving into the building in October. Urgent care and lab services will open in December. While the center serves the needs of most Collier County children, the partnership provides coordinated services with Nicklaus Children’s Hospital in Miami for children who need to travel for specialized care.

Golisano / Nicklaus Children’s Health Center

Moves Closer to Opening Date

Golisano / Nicklaus Children’s Health Center is opening in phases. The partnership between Lee Health and Nicklaus Children’s Hospital is designed to keep Collier County children close to home for care.

“We recognized the need for the partnership between Golisano Children’s Hospital and Nicklaus Children’s Hospital because children were leaving the area for services we knew we could provide in the community,” says Emad Salman, M.D., pediatric oncology and hematology. “Our goal is to provide high-quality care and reduce some of the stress for parents.”

Services include:

- Pediatric urgent care
- Endocrinology
- Neurology
- Surgery
- Sleep medicine
- Nephrology
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Golisano Children’s Hospital of Southwest Florida

Nicklaus Children’s Hospital

Nicklaus Children’s Health Center
From humble beginnings, Lee Memorial Health System grew and evolved to meet the health care needs of our community.

As we celebrate 100 years of caring, we are proud to share a brief history that showcases our evolution and our unwavering commitment to leading-edge, high quality, patient-centered care.

1916
Residents used reclaimed lumber from the original courthouse to build the first hospital
Oct. 3, 1916 - Lee County Hospital opened

1918
Two wings were added to the hospital; a third floor operating room and portico also were added

1942
American Red Cross Motor Corps. Lee County Chapter during WWII

1956
Cox and Jewett wings of the hospital opened, increasing bed count to 100

1966
Jones-Walker Hospital closed—Lee Memorial Hospital is integrated

1984
Wellness Center opened

1985
Future site of HealthPark Medical Center

1991
HealthPark Medical Center opened with 220 beds

2009
Gulf Coast Medical Center opened, combining Gulf Coast Hospital and Southwest Florida Regional Medical Center

2011
First Transcatheter Aortic Valve Replacement - TAVR procedure performed

2017
Golisano Children’s Hospital of Southwest Florida will open
1922
Theo Ellis became the first operating room nurse and remained in the position for 47 years.

1922
Daniel McSwain, M.D., first surgeon, from Arcadia.

1939
Groundbreaking of Lee Memorial Hospital on Cleveland Avenue.

1922

1971
Lee Memorial Hospital patient care.

1971

1975
Lee Memorial Hospital surgical suite.

1975

1977
Lee Memorial Hospital nurses.

1977

1996
Lee Physician Group formed with employed physicians.

1996

1996
Cape Coral Hospital becomes part of Lee Memorial Health System.

1996

2004
Convenient Care opened on Cleveland Avenue.

2004

2016
Celebrating 100 Years of Caring

TOMORROW
Estero, future site of Lee Health—Coconut Point

AND BEYOND...
Plans include a healthier future for our community.

To learn more about our history go to LeeHealth.org/100-years-of-caring
Dinner and Dancing with Friends 
Senior Care Choices, will talk 
Hospital Auditorium 
10 a.m., Oct. 19, Lee Memorial 
You 
There Is No Place Like Home: 
Retirement Living. 
Francesca Swartz, M.D., 
Hatchee Recreation Center 
$5 per person and can be paid 
Fort Myers. 
Center, 16760 Bass Road, 
Adrian Kerr 

Unless otherwise noted, call 
239-424-3234.

2-3 p.m., second Wednesday of 
Regional Cancer Center, Fourth 
Floor Conference Room 
Call 239-343-9503. Registration is 
Mended Heart Support Group 
for those who have difficulty 
supporting, 9:30-10:30 a.m., 
Tuesday 
Cape Coral Hospital Meeting 
Room (located at Day Surgery 
Enterance) 
Call 239-424-3527 

Support Group 
Breast Cancer Support Group; 
and stroke survivals 
4/5 p.m., first and third 
Monday of each month 
Lee Memorial Hospital 
Auditorium 
5:30-10:30 a.m., every Tuesday 
Cape Coral Hospital 
Room A (located at Day Surgery 
Enterance) 
Call 239-343-3495 or Lee 
Physician Group Memory Care Support Group 
This support group is for 
people who are caregivers of those with Alzheimer’s and other dementia. Our mission is to provide 
information, knowledge, guidance and support in their loving 
and caring role. 
4:30 p.m., second and third 
Tuesday of each month 
Lee Memorial Hospital 
5th Floor Conference Room 
Call 239-343-4823.

Nutrition Counseling 
Individualized nutrition counseling 
with a registered dietitian helps 
support healing for a variety of 
health concerns.

Wellness groups/programs 
Preoperative Joint Replacement Class 
Provided by Giziannas’ 
Children’s Hospital of Southwestern Florida 
with collaboration of the Greater Naples YMCA, this 
support group is for families of children with 
coarctation. It provides the opportunity for families to 
connect with others pre and post open heart surgery.

This month
11:30-12:30 p.m. 
Wellness Center- Fort Myers 

Lifestyle Coaching 
This service is available for Wellness 
Center members and non-members. 
Are you looking for accountability? 
Direction? Lifestyle coaching sessions 
are available at Wellness Center-Cape 
Corral, 7990 S. Tamiami Trail, Suite 100, Cape Coral, FL 33914. 
Call 239-246-9820.

Happy Hour 
You can suffer from chronic pain 
due to arthritis, fibromyalgia, 
joint disorders, and many more. 
If so, then this program is for 
you. This complimentary 
e-evening support group 
teaches you the tools 
necessary to self-manage your 
health. You will learn that food, 
exercise, lifestyle, stress 
management, medication therapy, 
dietary counseling and other tools can help 
you live a more

Nutrition Counseling 
Lee Health Calendar 
To view our Calendar of Events, visit 

LeeHealth.org.
**Healthy Life Center**

**AT COCONUT POINT**

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**Every Monday**

Yoga - all level welcome, please bring a mat!

5-6 p.m. RSVP

**Every Wednesday and Saturday**

Walking Club

8:30-9:30 a.m.

**Saturday, October 1**

Voter Registration Drive - Lee County Supervisor of Elections

10 a.m.--noon

**Monday, October 3**

Exploring Senior Care Choices for Loved Ones: Spotlight on CarePatrol

9-10:45 a.m. RSVP

**Wednesday, October 5**

Voter Registration Drive - Lee County Supervisor of Elections

10 a.m.-noon

Free Vision Screening

12:30-1 p.m. and 2-3:30 p.m. RSVP

Don't Discount Your Eyes

1-2 p.m. RSVP

Dr. Brad Snead, ophthalmologist

**Thursday, October 6**

30 Practical Ways to Use Essential Oils

11:30 a.m.-1 p.m. RSVP

Cost: $15/participant and includes a sample

**Friday, October 7**

Innovative Therapy Techniques to Help Control Pain

11:30 a.m.-12:30 p.m. RSVP

YOGA Foundations

4-5 p.m. RSVP

New to yoga? This workshop will provide a solid foundation in the essential yoga poses.

**Tuesday, October 11**

Heart Report Card

10:30 a.m.-3:30 p.m.

Call 239-495-1488 for fees and to make an appointment.

**Wednesday, October 12**

Tai Chi: Moving for Better Balance

9-10 a.m. RSVP

6 week class: 10/12-11/6

Cooking Demo: Harvest Foods

11 a.m.-noon RSVP

Utilizing seasonal fruits and vegetables to improve health

Learn the Latest in Breast Cancer Diagnosis and Treatment

1-2:30 p.m. RSVP

**Thursday, October 13**

Fun Interactive Driving Class: Helping Older Adults Drive Safe

10 a.m.-noon RSVP

Presented by: Lee County Sheriff’s Office

The Importance of Balance of Mind, Body and Spirit

1-2 p.m. RSVP

**Friday, October 14**

Living with COPD Lecture and Screening

10-11:30 a.m. RSVP

Things You Can Do to Save Money on Prescription Drugs

1-2 p.m. RSVP

**Monday, October 17**

Brain Booster: Train Your Brain Like You Would Any Other Part of Your Body

10-11 a.m. RSVP

$5.00 Fee

Stress Relief through Arts In Healthcare - Awesome Halloween Cards

1-2 p.m. RSVP

**Tuesday, October 18**

Living Strong with a Weak Heart: Basics of Heart Failure

10:30-11:30 a.m. RSVP

Improving Your Posture

1-2 p.m. RSVP

Dr. Vivian Ebert, chiropractor

Lee Physicians Group Meet and Greet

3-4 p.m. RSVP

Dr. Victoria Yorke, family medicine

Jessie Hollinger, PA

**Wednesday, October 19**

Tai Chi: Moving for Better Balance

9-10 a.m. RSVP

6 week class: 10/12-11/6

Overview of Parkinson’s Disease: Effects on Function and Benefits of Therapy

3-4 p.m. RSVP

**Thursday, October 20**

Is There a Bathroom Nearby? Women Only

11 a.m.-noon RSVP

Paint and Smoothies: Palm Tree

1-3:30 p.m. RSVP

Everything provided: apron, paint, palette, brushes, canvas, plus a delicious smoothie! $35 Fee

**Saturday, October 22**

Healthy Babies: Recommended Vaccines for Your Little One

10-11 a.m. RSVP

Dr. Tony Pietroniro, pediatrician

Halloween Craft Activity for Children and Safety Education for Parents

10 a.m.-noon

Presented by Golisano Children’s Hospital of Southwest Florida

**Monday, October 24**

Latest Updates on the Zika Virus

11 a.m.-noon RSVP

Dr. Christina Cavanagh, family medicine

**Tuesday, October 25**

The Heart and Soul of Health... Empowering Your Mind, Body and Spirit!

10-11 a.m. RSVP

National Veggie Month: How To Eat More Veggies and Like It!

2-3 p.m. RSVP

**Wednesday, October 26**

Tai Chi: Moving for Better Balance

9-10 a.m. RSVP

6 week class: 10/12-11/6

Parkinson’s Series: Exercise and Mobility: Power Up Your Moves

3-4 p.m. RSVP

**Thursday, October 27**

Preventative Breast Cancer: Risk Factors You Can Control

10-11 a.m. RSVP

Dr. Heather Auld, integrative medicine

**Monday, October 31**

Making Your New Year’s Resolutions in Advance

10:30-11:30 a.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

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For information, call 239-495-4475

For upcoming events, go to LeeHealth.org/HealthyLifeCenter

Healthy Life Center

23190 Fashion Drive,

Suite 105, Estero, FL 33928

9 a.m.-6 p.m., Monday-Friday

9 a.m.-4 p.m., Saturday