The Hidden Faces of Drug Addiction

As Lee County struggles with an opioid crisis, Lee Health goes to the MAT to wrestle the epidemic

Your coffee barista could be one. So could your personal banker. Maybe that senior who sits beside you at the park, watching her granddaughter play, is one, too. Perhaps she mentioned suffering a painful hip fracture awhile back, now healed, with help from a prescription for oxycodone.

You wouldn’t know, though, that she’s still suffering—as are many others.

Nearly 80% of heroin users reported misusing prescription opioids prior to heroin.

130+ people a day die from opioid-related drug overdoses.

There are 14,000+ substance abuse facilities in the U.S. and local headlines. A recent report showed overdoses in Lee County rose 800 percent since 2013. Those who seek treatment face a long road of recovery, as well as a stigma that often keeps them from getting the treatment and support they need.

Lee Health doctors and administrators are trying to change that. They recently announced a pilot program to treat opioid addiction and address the drug crisis in Southwest Florida. The program includes education, more effective treatment, and a focus on patients who suffer from endocarditis, a heart valve infection that often stems from intravenous drug use.

The cornerstone of Lee Health’s approach is rooted in medicated-assisted treatment (MAT). MAT combines behavioral therapy and medication to block the effects of opioids. MAT works by activating opioid receptors in the brain to provide relief from withdrawals and cravings without providing the euphoria that comes from using opioids.

Medication-assisted therapy is the only viable treatment for opioid-addicted patients, reports the U.S. Department of Health & Human Services. Research shows the treatment reduces relapses, reduces risky behaviors that lead to other diseases, including HIV, and decreases the criminal behavior often associated with addiction.

What’s the buzz? Making sense of the Keto Diet

What is Kombucha? The Keto Diet? Have you tried digital detoxing yet? How about walking meditation and intermittent fasting?

Health trends rise and fall quickly in our world of instant gratification, where the next big thing is a click away. Commentators regularly pack social media channels to share the latest fad. You may have already heard some health-related buzzwords among friends or seen magazine headlines hyping what you should try and when.

However, what’s the truth behind all the noise? Which wellness and preventive health trends actually benefit your health?

During the next few issues of Healthy News, we’re going to examine some of the hottest health trends. Our certified nutrition and health experts will inspect the ingredients of hot-button topics and offer their unbiased perspectives. We want to empower you to make informed decisions as you navigate the wonderful (and healthful) twists and turns of your health care journey. As always, ask your doctor before starting any new health regimen.
As the fight against Alzheimer’s disease rages on, a new diet plan may play an essential part of preserving brain function and lowering your risk for the disease. Scientists say the Mediterranean-Intervention for Neurodegenerative Delay (MIND) diet combines features from the healthy dietary patterns of the Mediterranean-style diet and Dietary Approaches to Stop Hypertension (DASH) may also slow the progression of the condition.

“The MIND diet focuses on an eating pattern that research suggests may improve cognition, memory, and brain health.”

In the United States, neurodegenerative conditions affect up to one in 10 people age 65 and older. Risk factors for these conditions include genes, family history, race, gender, chronic disease, and obesity. The good news is that we may help preserve brain function by adopting good habits such as exercising, developing social connections, stimulating our brains, and avoiding tobacco—and eating food groups from the MIND diet.

“The diet includes ‘10 foods to eat’ and ‘5 foods to avoid,’ making the plan popular because there is no calorie counting and no food group is eliminated,” Carrie says. “All foods can still be included, within moderation, because this eating plan, if moderately followed, may keep you sound of mind as you age,” says Carrie Bloemers, registered dietitian and manager of the Healthy Life Center at Lee Health Coconut Point. “The MIND diet focuses on an eating pattern that research suggests may improve cognition, memory, and brain health.”

### The “10 Foods to Eat” are:
- Green, leafy vegetable: 6 or more servings per week
- All other vegetables: include an additional serving of non-starchy vegetable per day
- Berries: 2 or more servings per week
- Nuts: 5 or more servings per week
- Olive oil: 6 or more servings per week
- Whole grains: 3 serving per week
- Fish: 1 serving per week
- Beans: Include as the main protein in 4 meals per week
- Wine: no more than 1 glass of red wine daily

### The “5 Foods to Avoid” are:
- Butter and margarine: 1 teaspoon daily
- Cheese: limit to 1 serving per week
- Red meat: limit to 3 servings per week
- Fried food: 1 serving per week
- Pastries and sweets: 4 servings per week

What’s on Your MIND?
An eating plan that benefits your brain
Support Head & Neck Cancer Patients on April 27
Join the 7th Annual 5k Run & 2-Mile Walk
Century Link Sports Complex
14100 6 Mile Cypress Pkwy.
Fort Myers, FL 33912

7 a.m., Registration
8 a.m., 5k run/2-mile walk, refreshments, awards and chance drawings to follow.
The first 100 people to register will receive a free T-shirt and gift bag.

• Massage may help manage nausea and vomiting.
• Massage may help to improve energy levels and sleep.
• Massage can help ease anxiety and reduce pain from the condition and treatment. According to the National Institutes of Health, endorses acupuncture for several health conditions.

Research proves it: Cancer patients benefit from hypnosis, acupuncture, massages, and yoga. These powerful coping tools help patients manage the cancer-related side effects of treatment such as stress, anxiety, insomnia, nausea, pain, and weight changes.

The Regional Cancer Center and Lee Health Healthy Life Centers have united to develop an integrative health program to help patients feel better during their cancer treatment and improve their quality of life.

“Our program combines the best that conventional medicine offers with other appropriate healing systems and therapies,” says Tammy Zinn, R.N., an oncology nurse and facilitator of the center’s integrative services program. “We treat the whole person with the goal of providing patients who are in cancer treatment or in survivorship with every tool to help them cope with the barriers and side effects of diagnosis and treatment.”

The Regional Cancer Center joins other premier cancer treatment centers such as Boston’s Dana-Farber Cancer Institute, New York’s Memorial Sloan-Kettering Cancer Center and Houston’s M.D. Anderson Cancer Center in offering integrative therapies and services.

The integrative health program treats the whole person—body, mind, spirit and lifestyle—with acupuncture, hypnotherapy, massage, and yoga. By providing these personalized options under one roof, the integrative care approach allows patients to focus on what is most important—their healing.

Acupuncture
• Acupuncture, a traditional Chinese medicine practice, rebalances the body’s energy fields. The practice is based on the belief that when an imbalance occurs, the flow of energy is disrupted and disease may occur. “Acupuncture works with the body’s energy to help the body heal itself,” says David Martin, a licensed acupuncturist. “As a support to Western medicine, acupuncture can help diminish the painful effects of cancer treatment, reduces stress, anxiety, depression, brain fog, and neuropathy.”

• The National Institutes of Health endorses acupuncture for several health conditions.

Hypnotherapy
• Hypnosis works as part of a treatment program for a number of psychological and medical conditions, including pain relief.

• “Hypnotherapy can be used to facilitate other types of therapies and treatments,” says Carolyn Beauchamp, an advanced certified clinical hypnotherapist. “You’re lowering brain wave activity, which allows the subconscious mind to receive positive suggestions without interference from the conscious mind. For most people suffering from pain, hypnosis may be effective.” She adds that people differ in the degree to which they respond to hypnosis.

Massage Therapy
• Massage therapists are trained to apply a highly individualized massage treatment to comfort, nurture, and support cancer patients wherever they are in their treatment journey.
• Massage can help ease anxiety and reduce pain from the condition and treatment.
• Massage may help to improve energy levels and sleep.
• Massage may help manage nausea and vomiting.

Yoga
• Yoga helps people get in touch with their bodies by relying on deep breathing and gentle movements to increase strength and flexibility and promote relaxation.

• Studies show yoga can improve quality of life, fatigue, anxiety, and pain in cancer patients undergoing cancer treatment as well as in survivors, according to the National Institutes of Health.
• Yoga also can help manage fatigue, sleep disturbances, loss of appetite, chemotherapy-induced nausea and vomiting, and pain in cancer patients.

For more information or to request an appointment, call Cookie’s Place Boutique at 239-343-9503, or email CookiesPlace@LeeHealth.org.
Tapping into Technology

Technology is at the core of everything we do. At Lee Health Coconut Point, harnessing the power of technology makes your visit with us easy, seamless, and convenient. Our MyChart application, kiosks, and other modern touches will help guide you through our facility. Check out the list below to learn more!

Wayfinding

The Wayfinding app for Lee Health Coconut Point gives patients turn-by-turn directions inside the facility to help locate a doctor’s office, the pharmacy, cafe, and other spots you may need.

“Wayfinding is essentially walking directions,” says Jonathan Wielenko, a business systems analyst with Lee Health. “Patients can type in their location, the app will find where they are, and then it will literally draw a path with an arrow in it and walk you through where you need to go next.”

Self-Service Kiosks

- Patients and visitors can easily find all the information they need anytime and anywhere on three touchscreen kiosks in our lobby.
- Visitors simply type in their details to get directions. They can print and send this information to their phones.

MyChart

The MyChart app allows patients to access their health information online from their phone, computer, or tablet. This free app makes it easy for you:

- Pay your bill
- Request prescription renewals
- Receive important health reminders
- View your health summary, medications, and most recent test results
- Schedule your appointment
- E-check in allows you to:
  - Register with your health care provider
  - Update your personal information
  - Make payments at the touch of a button

Hello, Patient!

- It’s simple: This feature inside MyChart simply checks you in for your appointment (if all of your pre-work is complete) when you’re within a certain distance of Lee Health Coconut Point. That means your phone will automatically check you in as you are driving to see us!

Smart Call Messenger

- This works just like waiting for a table at a restaurant. You can either provide your cell phone number or receive a “buzzer” that will notify you when your physician is available for you.

E-Check In

If you’ve ever checked in early for a flight, you know it’s easier to take care of details before you get to the airport. E-Check in, which patients can click on inside the MyChart app, makes your visit to the doctor quick and simple.

E-Check in allows you to:

- Sign documents
- Review medications
- Review your allergies
- Update your address
- Make payments at the touch of a button

That means you don’t have to sit around and wait — you can enjoy the views at our facility and take a walk to check out our Healthy Life Center or drop into the café for a snack and some coffee. We’ll let you know when we’re ready!

Lee Health Coconut Point
23450 Via Coconut Point
Estero, FL 33928
LeeHealth.org/coconutpoint

Meet Stephanie Perez, nurse manager at HealthPark Medical Center:

“You have to get down to a human level. People tell me they wouldn’t deal with someone during death or who is dying, that it’s just too sad — and yes it is, it’s a sad event. But I feel like there can be beauty and peace, as well. Even at someone’s lowest, there’s a silver lining because you can be a source of light.

“Be that gentle touch on the shoulder or be that listening ear. It doesn’t take much to make an impact and I think that’s the beauty of what we do and what we see within our system.”

LEE HEALTH
PHYSICIAN OF THE MONTH

Phyllis Neef, M.D., FACP
Primary Care
Lee Physician Group
3501 Health Center Blvd.
Suite 2310
Bonita Springs, FL 34135
239-343-6100

The Staff and Administration of Lee Health are pleased to announce Phyllis Neef, M.D., as Physician of the Month.

Employees, volunteers, and other physicians on staff choose the physican based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.

“Phyllis is always willing to listen and help others be the best that they can be when taking care of our patients.”

“Dr. Neef has compassion towards all even in difficult or uncomfortable situations and is a true role model.”

This month we salute Dr. Neef for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Neef as a respected member of our medical staff since June 2007.

LeeHealth.org
Golisano Children’s Hospital: Every Child is Special

Golisano Children’s Hospital’s unique services make it a true children’s hospital, rather than just a hospital with pediatric services. The needs of children and their families are our sole focus. Our child life specialists (CLS) are child development experts who work to ensure that life stays as normal as possible for children and their families during their visit. Trained in the techniques of distraction, CLS help children process what’s happening to them and what’s going to happen to them. Providing a sense of normalcy for children who are coping with serious health issues is important to their treatment and recovery. A large part of that normalcy is playing. Playing is a very necessary part of every child’s emotional well-being, especially during times of stress. It allows children to learn and it is a great stress reliever. Reducing stress helps the recovery process and allows children to deal more effectively with their medical situation.

Our child life specialists work with children, families, medical staff and the entire healthcare team, to:
• Provide age-appropriate activities in the playroom, teen lounge and bedside
• Prepare children for medical tests, procedures, and surgeries
• Provide educational services, including coordination of homebound/hospital teaching and a school re-entry program
• Conduct special events for fun and learning such as pet therapy, clowns, and other fun activities, as well as planning birthday and holiday celebrations.

Award-winning Emergency Care Close to Home

When your child needs emergency care, Golisano Children’s Hospital is in your corner. The only children’s hospital between Miami and Tampa, our pediatric emergency department of more than 75 clinical providers, trained and certified in pediatrics, provides quality, compassionate care that heals your child and gives you peace of mind. We are the only ED in Lee County dedicated to children.

We’re among the top children’s hospitals nationwide in delivering exceptional patient-centered emergency care to more than 25,000 children from Charlotte, Collier, and Lee counties every year. Our award-winning pediatric clinicians and healthcare specialists treat a variety of conditions for children of all ages, including respiratory issues, bleeding, severe pain, broken bones, or any medical condition that makes a parent or caregiver uncomfortable. We have access to the newest technology and research in a kid-friendly environment designed to soothe anxiety and fear. We’re here for you 24/7, close to home, for your peace of mind.

Eyes of a Child Drives New Ambulance Design

In December, the Golisano Children’s Hospital welcomed a new addition to its family of neonatal and pediatric ambulances. The ambulance becomes the fourth member of a growing fleet that provides safe, efficient and child-friendly ground transportation from hospitals throughout Southwest Florida.

Susan H. Ryckman, vice president, patient care services, says the design of the new ambulance reflects a child’s touch. “Every bit of its functionality was considered through the eye of the child, from the soothing, kid-friendly interior design to the video distraction,” Susan says, referring to the cheerful beach and sky themes painted on the inside walls and ceiling and the familiar site of a DVD player.

A virtual intensive care unit on wheels, the new ambulance and the children’s hospital transport team help ensure the highest skill and quality while moving children to a higher level of care. Equipped with the latest technology, the ambulance features telemedicine technology that allows the team to directly communicate critical clinical information as needed while en route, and can virtually place the doctor on the ambulance during transport.

The ambulance purchase was made possible by SanCap Cares, which raised funds through the generosity of the Sanibel-Captiva community.

Golisano Children’s Hospital of Southwest Florida features bright, welcoming spaces and high tech services for all patients.
Hidden Faces of Drug Addiction—continued from front page

“MAT has been proven to be the most effective treatment for opioid abuse, and we believe it will lead our patients to healthier lives,” says Aaron Wohl, M.D., a Lee Health emergency department physician and advocate for addiction treatment reform.

To make the program possible, hospitalists and emergency department doctors have received waivers to administer and prescribe buprenorphine, a medication used to treat opioid addiction.

Opioid Abuse Starts How?

Opioid use disorder is a chronic lifelong disorder, with serious potential consequences, including disability, relapses, and death. Among its many debilitating effects, the disorder can cause endocarditis, an inflammation of the inner lining of the heart or its valves caused by bacteria, fungi, or other microorganisms that have entered the bloodstream.

About 75 percent of opioid misuse starts with people using medications that were not prescribed to them, reports the National Survey on Drug Use and Health. The users illicitly obtained the drug from a family member, friend, or dealer. Many people who misuse opioids switch to heroin because it is cheaper and obtainable on the street without a prescription.

Dr. Wohl says studies prove preventive programs can deter some people from starting drugs and help recovering addicts from relapsing.

“Detoxification and abstinence fail too often to be a viable option for people with substance use disorder,” Dr. Wohl says. “Opioid addiction is a disease, and we must treat it as we would any other disease, by using proven medical techniques and treatments to provide the most effective care for our patients.”

What’s the buzz?—continued from front page

Ketogenic (Keto) Diet

The Ketogenic diet, or Keto (key-toe), remains the movie star of diets in 2019. A food plan that ditches carbohydrates in favor of high-fat content, the diet aims to put your body in a state of ketosis, which burns the body’s ketones as energy. Because the Keto diet has minimal carbohydrates, it forces your body to burn fat instead of carbohydrates for energy.

Science shows the Keto diet may help you lose weight, improve brain function and energy levels, reduce inflammation and stomach trouble, and improve sleep. But keep in mind: “going Keto” isn’t something to go quickly but rather a lifestyle change, a long-term adaptation to your daily life.”

What can you expect to eat on the Keto diet? Prepare for lots of lean fat: meat and poultry, eggs, cheese, seafood, yogurt, as well as non-starchy vegetables such as cucumbers, asparagus, and avocados. Say farewell to grains, bread, processed food, milk, pasta, potatoes, soda, and high-carb fruit. Vegetable oils, factory-farmed meat and fish, legumes and soy, and sugar are also off limits.

However, you’ll have bacon. The basics of Keto – low carbs and sugar – may not sound that different from other diets. Remember that Ketogenic diets are specific, drastic, and take a large group of foods off your table. This can lead to nutritional deficiencies especially because the diet is difficult to follow long-term.

Convenient Care vs. ED

Convenient Care Saves Time and Money Without an Appointment

There’s no good time to be sick or injured. That is why Lee Health Convenient Care clinics offer extended hours—before and after the workday—seven days a week. If you have a non-life-threatening health issue or are unable to immediately see your primary care doctor, an urgent care walk-in clinic offers immediate access to quality, hospital-affiliated healthcare provided by Lee Physician Group physicians and skilled nurses—without an appointment. Medicare and Medicaid patients are accepted.

Did you know that 80% of all ER visits can be treated at an urgent care center? For more information, go to www.leehealth.org/Urgent

No appointment is necessary and most insurance plans, including Medicaid, are accepted. Convenient Care offers a less costly alternative to emergency care for nonlife-threatening issues.

Endocarditis Risk

Brian Hummel, M.D., a cardiothoracic surgeon with Lee Health Shipley Cardiothoracic Center says intravenous drug users are especially at risk for endocarditis because they reuse or share needles, injecting potentially harmful bacteria into the bloodstream.

“Many of these patients aren’t aware or don’t seek medical care until they are brought to the emergency department very ill,” Dr. Hummel says. “In the past three years, the number of endocarditis patients has increased 100 percent.”

In the past two years, Lee Health treated more than 8,000 people who were addicted to drugs. Dr. Hummel became alarmed by the number of patients returning to his care when they relapsed after trying standard addiction treatment, and convened with Dr. Wohl and an interdisciplinary team of caregivers to stem the skyrocketing number of endocarditis patients.

“Our goal is to provide patients with the support they need through the entire recovery process,” says Dr. Hummel. “Through progressive MAT treatment, collaboration with our outpatient community partners and compassionate emotional support, we are confident we can continue to help lead Southwest Florida’s response to the opioid crisis.”

Aaron Wohl, M.D.
Emergency Medicine
2776 Cleveland Ave.
Fort Myers
FL 33901-5864
239-343-2606

To date, a handful of patients have been entered into the pilot program, which involves these steps:

• Treatment of the endocarditis infection
• Voluntary enrollment by patients, including signing a patient code of conduct agreement
• Patient begins MAT treatment with closely monitored doses of buprenorphine
• Patients are seen weekly by social workers for drug addiction counseling
• Peer specialist support from individuals with personal experience in addiction recovery
• Lee Health is collaborating with its community partner Operation Par to arrange for these specialists
• Upon discharge, patients are given a prescription for continuing MAT and have the option of being transported to the outpatient community resource to help them continue care.
Putting Insomnia to Sleep

One in five people toss and turn during the night, trying to fall asleep. Recognized by the Centers for Disease Control and Prevention as a public health epidemic, chronic sleep loss can lead to obesity, cardiovascular problems, memory problems, loss of productivity, and can reduce overall quality of life.

A key component of Lee Health’s wellness wheel, sleep is vital to a healthy lifestyle. For her clients who have sleep troubles, Joanna Salerno, a licensed massage therapist, says craniosacral therapy (CST) may offer relief.

“Craniosacral therapy is a gentle non-invasive method for healing the whole body,” Joanna says. “By working on the subtle energies of the body, CST activates our own natural healing mechanisms. It balances the body at a cellular level by releasing the negative effects stress puts on our central nervous systems. My clients often fall asleep and achieve deep rest during treatments.”

Joanna reports that most clients say they sleep much better after one treatment, although she recommends a total of three for the best result. “Craniosacral therapy is an opportunity to experience a different modality that can help people get in touch with their bodies and improve their quality of life.”

Call 239-424-3220 to schedule a craniosacral therapy session at the Healthy Life Center – Cape Coral.

Healthy Life Centers is offering a 10% discount in April on craniosacral therapy services.

Tip of the Month

SLEEP is an essential part of maintaining health and avoiding disease. During sleep, we make a growth hormone which is vital for the production of healthy skeletal muscles; and, we need healthy skeletal muscles to burn calories. When we sleep poorly, we often gain weight because our body is not as effective at burning calories. Sleep deprivation stresses the body and when the body is stressed, it makes more cortisol, which also contributes to weight gain, as well as increases the risk of diabetes and other metabolic problems.

How much sleep you need changes as you age:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Hours of Sleep Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>14-17 hours (National Sleep Foundation)</td>
</tr>
<tr>
<td>Infant</td>
<td>12-16 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>Toddler</td>
<td>11-14 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>Preschool</td>
<td>10-13 hours per 24 hours (including naps)</td>
</tr>
<tr>
<td>School Age</td>
<td>9-12 hours per 24 hours</td>
</tr>
<tr>
<td>Teen</td>
<td>13-18 years 8-10 hours per 24 hours</td>
</tr>
<tr>
<td>Adult</td>
<td>18-60 years 7 or more hours per night</td>
</tr>
<tr>
<td></td>
<td>65 years and older 6-7 hours</td>
</tr>
</tbody>
</table>

Source: National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health

Improve Your Sleep (and Your Life) with Yoga

You can build strength, balance, flexibility, and peace of mind – which will help improve the quality of your sleep – at Healthy Life Centers enhanced yoga programs.

Licensed yoga practitioner Patrick Nolan says yoga can relax our bodies when we need it most. “Most of us know that feeling of being ‘dead tired’ in our bodies at the end of the day,” Patrick says. “But at the same time, it seems our minds won’t let us fall asleep. Yoga lets you gently summon that nice easy feeling of nodding off to sleep.”

Patrick, who teaches yoga at the Healthy Life Center – Cape Coral, says for newcomers to this ancient mind-body practice, yoga can improve their sleep immediately. “Part of the improvement comes from our bodies’ response to postures that trigger a natural urge to restore itself through sleep,” Patrick explains. “But the big bonus is that yoga helps your brain to relax. And that’s something that’s required for sleep to happen naturally.”

To learn more about the different types of yoga and group exercise classes available at the Healthy Life Centers, go to www.leehealth.org/wellness/pdf/group-exercise-winter19.pdf

For more information about the Healthy Life Centers, call 239-343-4980 or 239-424-3220 or go to www.leehealth.org/wellness.

Win a Cruise to Cozumel! Join the Million Mile Movement!

Healthy Lee and the Million Mile Movement want to get your body MOVing. To keep you going, we’re offering one lucky winner a Caribbean Cruise for two! Simply move a total of 45 miles or more through April 14 and you’ll be entered in a drawing for a 4-day cruise to Cozumel! Start your healthier lifestyle today because every step counts. The drawing will be at the Healthy Life Center – Cape Coral on April 15. Participants do not have to be present to win. The winner will be notified by e-mail or phone. Go to HealthyLee.com for additional details. Get moving!

For more information, call 239-424-3210 or go to www.LeeHealth.org

Healthy Life Center Locations

1. 42880 Crescent Loop, Ste. 100 239-345-3540
   Babcock Ranch, FL 33962*

2. 609 S.E. 13th Court 239-424-3220
   Cape Coral, FL 33990*

3. 3114 Cleveland Avenue 239-345-4980
   Fort Myers, FL 33901*

4. COCONUT POINT 23450 Via Coconut Point 239-468-0050
   Estero, FL 34135

*Please note: Fitness facility programs vary by location.
Healthy Life Center—Coconut Point  
23450 Via Coconut Point, Estero, FL 34135  
For reservations call 239-468-0050

TUESDAY, APRIL 2  
Trying to Quit: Smoking Cessation Group  
3:30-6:30 p.m.  
Call 877-819-2357 to RSVP

WEDNESDAY, APRIL 3  
Cooking Demo: Persian Cuisine  
11 a.m.-noon RSVP  
Fee: $6

THURSDAY, APRIL 4  
Identity Theft  
4:5 p.m. RSVP

SATURDAY, APRIL 6  
Family Yoga  
9-10 a.m. RSVP

MONDAY, APRIL 8  
Mobile Blood Drive  
10 a.m.-2 p.m.

The How and Why of Aesthetic Services:  
Are They Right for Me?  
11:30 a.m.-1:30 p.m. RSVP  
Dr. Cherrie Moms, Obstetrics & Gynecology

Gait Disturbance in Later Years  
4:5 p.m. RSVP  
Dr. Jon Brillman, neurologist

TUESDAY, APRIL 9  
Pop-up Zumba Class  
3:45 p.m. RSVP  
Fee: $5

WEDNESDAY, APRIL 10  
Finding Hope for Living Well with Parkinson Disease  
10-11 a.m. RSVP

Plant-Powered Living Series  
12-1 p.m. RSVP  
Introduction to Mindfulness  
3:45 p.m. RSVP

FRIDAY, APRIL 12  
Skin Cancer Screening  
9 a.m.-noon  
Call 239-468-0050 to schedule an appointment

Head & Neck Cancer: A Hard Thing to Swallow  
11 a.m.-noon RSVP  
Cooking Demo: Ancient Grains  
1-2 p.m. RSVP  
Fee: $5

SATURDAY, APRIL 13  
The Mind & Body Yoga Retreat  
8 a.m.-3 p.m.  
Call 239-468-0050 for information and to register

MONDAY, APRIL 15  
Women’s Caregiver College: Planning for the Future – Legal and Financial Considerations  
10-11:30 a.m. RSVP

How an Occupational Therapist/Vision Specialist can Help with Balance, Dizziness, and Vertigo  
4:5 p.m. RSVP

WEDNESDAY, APRIL 17  
Lunch & Learn: Aging in Place  
12:30 p.m.-1:30 p.m. RSVP

Community Guided Meditation for Earth Day  
2-3 p.m. RSVP

Healthy Happy Hour  
4-5 p.m.

THURSDAY, APRIL 18  
Earth Day Panel Event  
3-4 p.m.

MONDAY, APRIL 22  
Cooking Demo: Ancient Grains  
11 a.m.-noon RSVP  
Fee: $5

Living with COPD Symptoms, Diagnosis, and Management  
2-3 p.m. RSVP

MONDAY, APRIL 29  
Foot Care and Footwear: Are You Making the Best Choice for Your Balance?  
4-5 p.m. RSVP