Healthy News
February 2019

Open Your Heart to a Healthier Journey
February is American Heart Month so celebrate by eating right, educating yourself, and exploring new ways of living

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Don’t Let Bad Decisions Break Your Heart

February is American Heart Month, reminding us to give our hearts some love—not just on Valentine’s Day but every day. Practicing heart healthy behaviors can reduce your risk for heart disease, a largely preventable disease.

About 650,000 people die of heart disease in the United States each year.

If you are between the ages of 35 and 44, your risk is 4 percent. This would suggest you are at low risk—but don’t be fooled. Even if you are in otherwise good health, a number of “silent” factors can boost the odds—even for you.

Take Control of Your Heart Health Now

Be heart healthy at any age by taking these steps:

• Don’t smoke: Smoking is the leading cause of preventable death in the United States. If you don’t smoke, don’t start. If you do smoke, learn how to quit.
• Manage conditions: Work with your health care team to manage conditions such as high blood pressure and high cholesterol.
• Make heart-healthy eating changes: Eat food low in transfat, saturated fat, added sugar and sodium.
• Stay active: Get moving for at least 30 minutes a day. You can even break up your activity into three 10-minute blocks.

Cooking Series Engages and Inspires

For some people, the decision to eat healthier can make their kitchen suddenly feel intimidating. What should you cook?

Sneaky Sodium Hides in Your Favorites

Don’t blame the humble salt shaker for that sodium in your diet. Learn how to read food labels to check your daily intake.

A Soup that Packs a Punch

Creamy tomato bisque contains powerful antioxidants that help lower bad cholesterol. It is also delicious and filling.

Healthy News Calendar Has Gone Digital!

Healthy News calendar items are now online at leehealth.org/hn-calendar.

Thomas D. Hughes, D.O.
In December, Lee Physician Group opened its doors at Lee Health Coconut Point. Dr. Hughes, board certified in cardiology, joins an array of other practitioners specializing in cardiology, primary care, pediatrics, orthopedics, obstetrics and gynecology, and pulmonology. The medical complex houses the LPG clinics on the second floor, featuring 50 exam rooms and two procedure rooms. To find a primary care physician for you and your family, or to connect with a specialist or education professional, call 239-343-1999.
Pediatric Burn Service keeps 78 Children Close to Home

Before Golisano Children’s Hospital of Southwest Florida started its burn service last October, children had to travel out of the area to facilities in the Tampa or Miami area for treatment. For most families, the need to travel two hours away for treatment added additional burden to an already over stressful situation.

“Golisano Children’s Hospital intends to keep kids and their families close to home for specialized medical care,” says Armando Llechu, chief administrator of the children’s hospital. “That’s our number one goal.”

Consider that goal met, thus far. Since the program began, the Pediatric Emergency Department has treated 87 patients through December of 2018; 78 of those children may have had to travel outside of the region for treatment without this program. For children suffering from minor burns, Golisano Children’s Hospital offers burn service treatment. The burn service provides comprehensive care – in the emergency department, in the hospital or in the outpatient pediatric surgery office for continued follow up.

The team is trained to treat every burn seriously. “We know that visiting the hospital can be a scary experience, and some procedures can be painful and traumatic,” says Alyssa Bostwick, RN, project facilitator for the burn service. “Our medical staff are trained to help calm fear, ease pain, and help your child and family through a stressful time. Our team will answer your questions every step of the way.”

Robert Minkes, M.D., Evans Valerie, M.D., Damian Maxwell, M.D., and Amy Stanfill, M.D., lead the pediatric burn service, treating:

- Patients who have burns that cover less than 20 percent of the body
- Any minor burn that causes pain, discomfort, or threat of infection
- Patients who have not suffered burns to their faces or genital areas
- Patients who have not suffered major burns to their joints

The hospital’s medical staff is specially trained to provide comfort and relief from pain. “Changing burn dressings can be very painful,” Alyssa says. “Our experienced child life specialists help make dressing changes less painful and scary.”

The hospital is compiling a database of all pediatric burn patients treated or assessed and transferred. Information tracked includes factors such as cause of burn, percentage of the patient’s body that was burned, pre- and post-care referral sources, and administered treatments. The data will help Golisano Children’s Hospital officials with outreach, prevention, and safety service efforts.

For more information on Golisano Children’s Hospital burn unit, go to Tinyurl.com/pediatric-burn
For information on burn prevention and safety, go to Tinyurl.com/burn-safety

Lee Health Foundation Events

Goin’ Green with the Green Tee Party at Jet Blue Park! Feb. 18, Jet Blue Park

Kick off this year’s 26th Boston Red Sox Celebrity Classic Event Series at the Green Tee Party. This engaging event, hosted by The Forest Country Club, benefits Kids’ Minds Matter—Golisano Children’s Hospital of Southwest Florida Pediatric Behavioral Health Fund. Tickets are purchased with golf packages, or you can attend the dinner for only $75 per person. Learn more and reserve your spot by calling 239-214-0898 or go to LeeHealthFoundation.org/RedSox

Tee off with MLB’s World Series Champs at the 26th Boston Red Sox Celebrity Golf Classic! Feb. 18, The Forest Country Club, Fort Myers

Golf alongside your favorite players from the world champs Boston Red Sox and other celebrities at The Forest Country Club. Tournament proceeds will benefit Kids’ Minds Matter—Pediatric Behavioral Health at Golisano Children’s Hospital. Learn more and reserve your spot by calling 239-214-0898 or go to LeeHealthFoundation.org/RedSox

Minnesota Twins Celebrity Golf Classic Feb. 20, Fiddlesticks Country Club, Fort Myers

Swing for a cure with the Minnesota Twins at Fiddlesticks Country Club. Help us kick off the 21st anniversary celebration at the Minnesota Mixer! Enjoy delicious food, a Q&A session with the Twins general manager and the opportunity to place your bid on some outstanding auction packages. The next day, golf with Twins greats such as Joe Mauer, Brian Dozier, Paul Molitor, Bert Blyleven, Tony Oliva, and others. Event proceeds benefit patients at the Regional Cancer Center. To make reservations and learn more about partnership opportunities, call 239-214-0819 or visit LeeHealthFoundation.org/Twins

Burn Prevention Safety Tips

- Kids love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge. Keep hot foods away from the edge of your counters.
- Don’t carry or hold a child while cooking on the stove. Instead, move a high chair in the kitchen within reach or sight before you start. Then talk to your children so they know what’s going on. It’s a great way to spend time together.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm after use. Unplug these items after you’re done.
- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer’s recommended setting. Check the water with your wrist or elbow before giving your baby a bath.
Lee Physician Group opened its offices inside the Babcock Ranch Healthy Life Center in December. The new family medicine clinic provides primary care services, as well as telemedicine services, to Babcock residents and the surrounding community. LPG physicians are available from 8 a.m. to 5 p.m. each Monday, Wednesday, and Thursday inside the Healthy Life Center facility, in Babcock’s town square.

Lee Health family residents and faculty from Florida State University College of Family Medicine Residency Program will staff the family clinic. Alfred Gitu, M.D., director of the residency program, says the resident physicians will also rotate through Lee Memorial Hospital, HealthPark Medical Center, and Golisano Children’s Hospital of Southwest Florida.

“They will also work with community partners in other specialties such as urology, orthopedics, surgery, and geriatrics,” Dr. Gitu says. “As our area’s population continues to grow, we will need more primary care physicians. Lee Health is excited to welcome these residents and looks forward to the positive things they will bring to our patients and the Southwest Florida community.”

Jennifer Dalrymple, D.O., a Lee Health family physician, is among the faculty physicians who will supervise the eight Lee Health residents, who were selected from more than 1,700 physician applicants. In other words, two physicians will always review each patient’s case. The family medicine residents have completed four years of undergraduate pre-medical education and four years of medical education.

“They’re all highly trained physicians in their last three years of training, and have specifically chosen Family Medicine as a specialty,” Dr. Dalrymple says.

Eight highly trained and compassionate physicians and their staff offer:

- Annual and wellness checkups
- Health screenings and immunizations
- Care for injury or illness
- A focus on lifestyle medicine
- Telemedicine options
- General procedures such as skin biopsies, stitches and joint injections
- Preventive medicine to keep you healthy, active, and engaged

To make an appointment, call 239-481-4111.
Don’t Let Bad Decisions Break Your Heart  
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Thomas D. Hughes, D.O., FACC, a cardiologist with Lee Physician Group Coconut Point, says coronary artery disease (CAD) is the most common type of heart disease.

“CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries),” Dr Hughes explains. “Over time, plaque buildup causes the inside of the arteries to narrow. As the arteries narrow, a process called atherosclerosis, plaque hardens or calcifies.

Dr. Hughes recommends a screening test called a coronary calcium scan, which looks for calcium in your arteries.

“If you have calcium, you have plaque,” he says. The test, using a special scanner such as an electron beam CT or a multidetector CT (MDCT) machine, can be performed at Coconut Point’s medical imaging facility or at a hospital. The scan takes about 10 to 15 minutes to complete.

“The scan identifies people at risk for future cardiac events,” Dr Hughes says. “You can be at risk for CAD without heart disease symptoms. Learn your risk early and start preventive measures before your arteries are completely blocked.”

Talk with your primary care provider or cardiologist specialist about scheduling a coronary calcium scan.

Cooking Series Engages and Inspires  
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What does nutritious food look and taste like? How should you cook it? The new teaching kitchen at Coconut Point Healthy Life Center serves up the answers to these questions and more.

“The primary role of a cooking kitchen like ours is to teach people how to cook,” says Aikaterina Galaeso, RDN, a registered dietitian at Healthy Life Center Coconut Point. “We welcome people with all levels of cooking experience, from the beginner to the advanced cook.”

She says the teaching kitchen aims to educate members about nutrition, meal preparation, and how to take control of their diet. Lee Health food and nutrition experts, along with local chefs, will host a smorgasbord of cooking seminars and forums during the year.

“The teaching kitchen will boost your cooking skills and nutritional know-how,” Aikaterina says. “In some courses, like this month’s FARMacy RX Cooking Series, participants will create take-home recipes from scratch. These recipes are easy to implement into everyday life.”

The FARMacy RX Cooking Series, an interactive five-week series, features registered dietitians and professionally trained chefs who discuss nutrition, meal preparation, and teach you how to create delicious, nutritious meals.

The series features several objectives:
- Safely demonstrate and practice a variety of basic knife skills
- Understand basic cooking techniques such as sautéing, roasting, steaming, and simmering
- Identify and shop for nutrient-dense, unprocessed whole foods
- Learn how to utilize herbs, spices, and blends for flavor instead of salt
- Plan diets with proteins coming from animal and vegetable sources
- Choosing healthy carbohydrates for good fiber sources
- Learn about fats and benefits of healthy fats

For upcoming dates and locations, call 239-686-0050. The cost is $100 for a five-week series.

Creamy Tomato Basil Bisque

Directions:
1. Preheat oven to 350 degrees F.
2. Cut tomatoes in half and mix with 1 tbsp. olive oil. Place cut side down on baking sheet and roast for 40 minutes.
3. In a stock pot, add remaining 1 tbsp. olive oil with onions and crushed red pepper flakes on medium high heat. Sauté for 5 minutes or until onions translucent. Add garlic and sauté for 1 more minute.
4. Add crushed tomatoes, sun-dried tomatoes, roasted tomatoes, and vegetable broth. Bring to a boil and let simmer for 10 minutes. Add basil.
5. Transfer soup to blender and blend until smooth (make sure to let soup cool before blending). Drizzle soup with half and half.

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Lee Health Coconut Point Culinary Solutions at LeeSar 2727 Winkler Ave. Fort Myers, FL 33901 Healthy Life Center 23450 Via Coconut Point Estero, FL 34135

“It’s rewarding to see so many people eager to learn about food and meal preparation,” Aikaterina says about the overwhelming community response to the series. “Our classes are popular because people want to learn. The teaching kitchen is a great resource for building a sense of community.”

Sneaky Sodium Hides in Your Favorites  
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Americans get 71 percent of their daily sodium from processed and restaurant foods. That’s before you even season your meal with table salt.

“What’s more, about 43 percent of the sodium we consume comes from only 10 types of food,” says Nikki Kuhlmann, RD, LDN, a registered dietitian with Lee Health Coconut Point. “Most people are shocked to learn which foods are on this list as they might not always taste salty.”

Top sources of sodium
- Breads and rolls
- Pizza
- Sandwiches
- Cold cuts and cured meats
- Canned soups
- Burritos and tacos
- Savory snacks (chips, popcorn, pretzels, crackers)
- Chicken
- Cheese
- Eggs and omelets

Your body needs a little bit of sodium to work properly, but too much sodium can harm your health. Excess sodium can raise your blood pressure and increase your risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause, according to the CDC’s National Center for Health Statistics, National Vital Statistics System.

Nikki says one way to lower your daily intake of sodium is to read food labels. “Check the ‘Nutrition Facts’ label to determine how much sodium your food has,” she says. “The sodium content is listed per serving and in milligrams. Foods with 140 milligrams or fewer of sodium per serving are considered ‘low-sodium foods.’”

How does your sandwich stack up on sodium?

Top slice of bread 200 mg
1 Teaspoon mustard 1200 mg
1 leaf of lettuce 2 mg
1 slice of cheese 310 mg
6 thin slices of turkey 690 mg
Bottom slice of bread 200 mg
Total per sandwich = 1,522 mg

The 2015-2020 Dietary Guidelines for Americans recommends consuming fewer than 2,300 milligrams (mg) of sodium each day as part of a healthy lifestyle.

“There are simple ways to flavor your food without picking up the salt shaker,” Nikki says. “Try fresh herbs and spices on vegetables or meats. Vinegars and juices (lemon or lime) add some extra flavor to your food. Even trying a different cooking method, like roasting or grilling, can add some delicious flavor and crunch.”

So, go easy on your salt shaker, literally and figuratively.
Heart Attack Warning Signs for Women: Don’t Underestimate Them

More men than women die of heart disease. That’s true, but did you know that more women than men die within a year of having a heart attack? Studies report this may occur because women are generally older than men when they suffer heart attacks. It may also happen because women are more reluctant than men to report warning signals to their physician.

“Women don’t typically think their symptoms are those of a heart attack, so many don’t seek immediate care,” says Karla D. Quevedo, M.D., FACC, a board-certified cardiologist with Lee Physician Group Coconut Point.

A new study supports Dr. Quevedo’s observation. Researchers in Switzerland found that women suffering a heart attack typically waited 37 minutes longer than men before calling an ambulance.

According to Dr. Quevedo, chest pain or discomfort is the most common warning signal for heart attack in both men and women. However, only 50 percent of women who suffer heart attacks had chest pain as a symptom, she says.

“Women that have chest pain tend to describe it as a sharp, burning pain radiating to the neck, jaw, throat, abdomen, or back,” Dr. Quevedo says. Women are also more likely than men to experience other common, but lesser-known heart symptoms, such as indigestion, heartburn, nausea, dizziness, and fatigue, she adds.

“If you have any of those symptoms, don’t wait,” Dr. Quevedo says. “Dial 911 immediately.”

Dr. Quevedo urges women to start a heart-healthy lifestyle before symptoms appear. “You can reduce your risk for heart attack,” she says. “That starts with heart-healthy eating, being physically active, quitting smoking, managing stress, and managing your weight.”

Dr. Quevedo’s other tips for reducing your risk for heart disease:

• Maintain or reduce your weight to keep your body mass index (BMI) under 25.
• If you have high cholesterol, have it treated.
• If you have high blood pressure, have it treated.
• If you’re managing your diabetes, maintain your hemoglobin A1C below 7.0.
• If you smoke, avoid using oral contraceptives.
• Consult with your doctor about taking aspirin if you’re 65 and older.
• If you recently suffered a cardiovascular event, get a referral to a cardiologist and rehabilitation program.

Researchers in Switzerland found that women suffering a heart attack typically waited 37 minutes longer than men before calling an ambulance.

Quick hits: 5 essential health tests for women

Women typically live healthier and longer lives than men – thanks to certain biological and social factors – but also because they are more likely to visit the doctor when things don’t feel quite right.

Lee Health wants to keep you feeling right with these medical tests:

Mammogram
The American Cancer Society recommends annual screening mammograms for women starting at age 40 and continuing as long as they are in good health. Your physician may want you to get screened at a younger age if you have a mother or sister with breast cancer. Be sure to talk with your doctor about mammogram screening options.

Pap Test
The Pap test checks for changes that may show a risk for cervical cancer. Current cervical cancer screening guidelines recommend:

• Women ages 21 to 29 should be screened once every 3 years with a Pap test.
• Women ages 30 to 65 should be screened with either a Pap test every 3 years or a Pap test and HPV test every 5 years, assuming the HPV test is negative.
• Women age 65 and older no longer need Pap tests as long as they have had consecutive screenings with normal results over the last 10 years. Women who have been diagnosed with pre-cancer should continue to receive regular screenings.

Cholesterol Check
Do you know that heart disease is still the leading cause of death for women? That means you should get your cholesterol checked regularly, starting at age 45. If you smoke or heart disease runs in your family, many officials recommend having your cholesterol checked as early as age 20.

Colonoscopy
Colorectal cancer is the second leading cause of cancer death in the United States. Get a colonoscopy every 10 years starting at age 50 if your risk is low. If you have a family history of cancer, smoke, and lead a sedentary lifestyle, you’re at high risk for the disease—start colonoscopy screenings at age 40.

Bone Density Screening
Of the estimated 10 million Americans with weak and brittle bones, about 80 percent are women, the National Osteoporosis Foundation reports. A bone density screen (an X-ray scan) can detect your risk for fractures. Start when you reach age 65. For women aged 50 to 64 who weigh less than 150 pounds, start earlier.
Cyclist Gets Back on the (Bike) Saddle Thanks to LPG Orthopedics

Alan Levinsohn, an avid cyclist, knows all too well how a hip injury can quickly change your life and stop you from living a passionate one. He recently injured himself in a bicycle mishap. “It was one of the craziest things that ever happened,” says Alan, a Michigan native and Sanibel Island resident. “Somebody yelled out to me and I turned the bike too quickly and I went down, breaking my hip. If I didn’t have a helmet on, I would not be talking with you right now.”

More than 300,000 people age 65 and older are hospitalized for hip fractures every year, according to the Centers for Disease Control and Prevention (CDC).

Alan, who has cycled all his life – at one point he was riding 13 miles a day – underwent minimally invasive surgery to repair his hip fracture with Lee Physician Group Orthopedics trauma surgeon Cesar Cereijo, D.O.

Dr. Cereijo’s areas of expertise include traumatic fractures and reconstruction of the pelvis and acetabulum, all fractures and injuries of the upper and lower extremities/joints, as well as surgical and non-healing surgical treatment of delayed and non-healing bones.

Two weeks after his surgery, Alan had his follow-up appointment with Dr. Cereijo. He walked in using only a cane. His first question for the trauma surgeon: “When can I start cycling again?”

Alan was allowed to resume normal activity as tolerated without any restrictions only two weeks after surgery. “It’s been controversial with my family and my wife telling me not to overdo it,” he says with a laugh. “Dr. Cereijo did a wonderful job. I have great respect for his ability. Everything at Lee Health has been really first class, and I hope to get back to bike riding again.”

Lee Health Orthopedics also offers:

- Adult reconstruction of the hip and knee
- Hip and knee joint replacement surgery
- Arthritis treatment of upper extremities
- Arthroscopy of wrist, elbow, and shoulder
- Nerve injuries
- Conservation and non-surgical management

For more information about Lee Physician Group Orthopedics and referrals, talk to your primary care physician or call 239-495-4475.

The new Skilled Nursing Unit features:

- **Therapy gym:** Offers premier occupational, physical, and speech therapy services. Private therapy treatment rooms are available for patients who require 1:1 attention or more privacy.
- **New technology:** A Free Step System helps patients with their gait and balance, and a Biodex Treadmill measures strides and step length.
- **Salon:** Patients will enjoy hair and nail services to make them feel refreshed and renewed.
- **Healing garden:** Fresh air and a walking trail prepare the patient for safe navigation of their home environment.
- **Kitchen area:** Therapists will help patients prepare meals in a homelike setting.
- **Bistro/community room:** Patients and families have a place to relax, play games, and enjoy a meal.

“I think generally this building is really focused on high level, quality, patient outcomes for post-acute care,” said Matt Lessig, an administrator at the SNU. “We have a lot of innovative therapy equipment in our gym. Every room is private; every floor has its own dining area. We’re really changing the way you look at skilled nursing with this building.”

Gulf Coast Medical Center Skilled Nursing Unit
13960 Plantation Road
Fort Myers, FL 33912

The reality of health care: The journey doesn’t always stop after you leave the hospital.

Many patients need extra care before they are truly independent and confident enough to get back to their daily routine. That’s why Lee Health officials want to make a difference with our new Skilled Nursing Unit (SNU).

The unit—which recently opened on Plantation Road near Gulf Coast Medical Center—is a short-term, 75-bed, three-story rehabilitation facility with private rooms, a therapy gym, salon, healing garden, multi-purpose community spots for families and patients to relax, and much more.

The SNU offers a new model for rehab care and fosters closer, fulfilling relationships with patients, according to Barbara Kenney, system director of care management at Lee Health.

“Even a short hospital stay can cause patients to lose their functional ability. So going home isn’t the best option for them,” Kenney says. “That short-term rehabilitation in a facility that specializes in physical therapy, occupational therapy, speech therapy—it really sets the stage that the patient can increase their functional abilities and be successful when they go home.”
Words on Wellness
Healthy Life Center/SHARE Club News and Information

Words on Wellness supports your healthy life mission with health guidance, services, and education.

Healthy Life Centers:
The Heart of Cardiac Education and Support

Take care of your heart to take care of your life. Healthy Life Centers offer heart health programs designed to improve your heart health—along with your overall health. You’ll learn how to change your diet and address other risk factors to help protect yourself from future heart events. You can also exercise in a supervised setting while our experts monitor your heart.

Cardiac Connection: A support group for current and past patients of a cardiac rehabilitation program or anyone with cardiovascular disease risk factors. The two-hour class is devoted to education and connection, says Michelle Hudson, a personal health advocate at Lee Health Coconut Point. “In the first half, participants will learn about cardiovascular health, prevention and treatment from Lee Health clinical experts;” she says. “The second half of the class allows participants to connect with others and discover ways to adopt and maintain heart healthy lifestyle changes.”

Healthy Life Center - Cape Coral
- 10 a.m. - noon, third Friday month
Healthy Life Center - Fort Myers
- 1-3 p.m, third Monday every month

Cardiac Rehab Phase III: Phase III is a maintenance program for heart patients who have completed Phase II or need less supervision and monitoring. The program includes exercise, risk factor education, lifestyle modification classes and support. “The program is tailored to each patient, but the overall goals are the same: to improve cardiovascular function, overall health, quality of life while reducing symptoms and risk of future heart problems,” says Kathy Gardner, lead exercise specialist, cardiac rehabilitation at Healthy Life Center - Fort Myers.

The Cardiac Phase III programs are available at the Healthy Life Centers at Cape Coral and Fort Myers.

Healthy Life Centers
Babcock Ranch Healthy Life Center* combines the best of America’s great hometown traditions with the conveniences of today and tomorrow. Our 26,000 square foot facility offers a vast array of modern, convenent health services and programs that align with the Babcock Ranch vision with a focus on wellness and sustainable living. The latest technology in equipment, group exercise classes, personal training, a basketball court, lap pool, Pilates studio and massage therapy will help you live your healthiest life.

Healthy Life Center - Cape Coral* is a full service facility that offers you services from group exercise classes, Mind & Body program, aquatics program, personal training, educational classes and more. We also offer a multitude of therapies such as craniosacral, hypnotherapy, and massage.

Healthy Life Center - Fort Myers* offers group exercise classes, personal training, cardiac rehabilitation, and massage therapy. Our certified exercise specialists will help you achieve new levels of wellness regardless your age or physical condition.

New! Healthy Life Center - Coconut Point offers a variety of services and education that support healthy lifestyles, early detection of disease, chronic disease management. As your health information and education destination, the Center empowers you to take control of your health and risk of future heart problems.

*Please note: Fitness facility programs vary by location.

Tip of the Month:
Move into Wellness: Track Your Physical Activity and Exercise

Physical activity is vital to a healthy lifestyle. Many people find that having a firm goal in mind motivates them to move ahead on a project. Be sure to review and track your goals regularly as you make progress or your priorities change.

Healthy Lee’s new MyWellness app can track your activities at the gym or outdoors.

Join the Million Mile Movement:
We’re challenging Lee County to get more active by moving 1,000,000 miles in three months. The challenge runs Jan. 15 to April 15. You can register anytime at HealthyLee.com, then download the new MyWellness app to your phone to track your moves. For more information and to register, visit www.HealthyLee.com. For corporate team registration, email Cheryl.Schlachte@LeeHealth.org.

Go to leehealth.org/wellness for a One-Week Pass

Healthy Life Centers

1 42880 Crescent Loop
   Suite 100
   Babcock Ranch, FL 33982*
   239-343-3540

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

3 3114 Cleveland Avenue
   Fort Myers, FL 33901*
   239-343-4590

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

HEALTHY LIFE CENTER LOCATIONS

HEALTHY LIFESTYLE

Physical Activity
Nutrition
Sleep
Stress Management
Mental and Behavioral Health
Purpose
Driven
Living
“Your Why”

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Words on Wellness supports your healthy life mission with health guidance, services, and education.
FRIDAY, FEBRUARY 1
Lunch & Learn: What Is Vein Disease - Causes, Symptoms, and Treatments 12:30-2 p.m. RSVP
Dr. Ronnie Word, vascular surgeon
MONDAY, FEBRUARY 4
Dementia Caregiver College: What are you Talking About? Effective Communication Techniques 10-11:30 a.m. RSVP
Group Healthy Lifestyle Program (8 weeks) 10-11 a.m.
Call 239-468-0050 for information
What is a Medical Alert System? 1-2 p.m. RSVP

WEDNESDAY, FEBRUARY 6
Whole Food Plant-Based Series: Curbing Your Carb Cravings 12 p.m. RSVP
THURSDAY, FEBRUARY 7
Community Yoga Class 2-4 p.m. RSVP
FRIDAY, FEBRUARY 8
Movie Matinee: Mamma Mia 10 a.m to Noon RSVP
SATURDAY, FEBRUARY 9
Family Yoga 9:30 a.m. RSVP

MONDAY, FEBRUARY 11
Cooking Demo: Greek Cuisine 11 a.m.-noon RSVP
Voice and Communication for People with Parkinson’s’s 4-5 p.m. RSVP
TUESDAY, FEBRUARY 12
Common Foot and Ankle Injuries in the Active and Exercising Adult 1-4 p.m. RSVP
Dr. Chelsea Viola, podiatrist
WEDNESDAY, FEBRUARY 13
Virtual Dementia Tour 9 a.m.-11 a.m.
Call 239-468-0050 to schedule an appointment
THURSDAY, FEBRUARY 14
Valentine’s Day Card Making 9-11 a.m. RSVP
FRIDAY, FEBRUARY 15
Memory Café 10 a.m.-noon
Call 1-800-272-3900 to RSVP
MONDAY, FEBRUARY 18
Family Essentials with Make and Take 10-11:30 a.m. RSVP
BRIDGES: Parkinson’s Functional Screenings 1-3 p.m. RSVP

WEDNESDAY, FEBRUARY 20
Foundations of Self Defense 10-11:30 a.m. RSVP
Brain Boosters 12-1 p.m. RSVP
Fee: $5
Bladder and Bowel Dysfunction in Parkinson’s Disease 4-5 p.m. RSVP

TUESDAY, FEBRUARY 26
Lunch & Learn: Home Health 101 - Options for Home Care 11:30 a.m.-1 p.m. RSVP
THURSDAY, FEBRUARY 28
Swallowing and Cognition for People with Parkinson’s 4-5 p.m. RSVP
WEDNESDAY, FEBRUARY 27
Wine & Chocolate Pairing 5-6 p.m. RSVP
Fee: $15

Healthy Life Center—Cape Coral
609 SE 13th Court, Cape Coral, FL 33990
For reservations call 239-424-3210

TUESDAY, FEBRUARY 12
Common Fractures Due to Osteoarthritis 12-1 p.m. RSVP
Dr. Cesar Cereijo, orthopedic surgeon
FRIDAY, FEBRUARY 22
Book Club: Every Woman’s Guide to a Heart-Healthy Life (Author: Dr. Suzanne Steinbaum) 9-11 a.m. RSVP

SATURDAY, FEBRUARY 23
Parkinson’s Functional Screenings 9 a.m.-1 p.m.
Call 239-543-4960 to schedule an appointment

For upcoming events, go to LeeHealth.org/HealthyLifeCenter.