



**Chronic Disease Self-Management Program
"It's All About You"**

(Fort Myers, Fla. – Mar. 20, 2018) --- Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering "It's All About You" – a research based Chronic Disease Self-Management program developed by Dr. Kate Lorig of Stanford University.

The program is designed for people 18 years of age or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The workshop is 2.5 hours once a week for 6 weeks and it is **FREE**.

The workshops will be offered on:

Saturdays beginning April 7 from 9-11:30 a.m. at the Wellness Center of Cape Coral, 609 SE 13th Court, Cape Coral.

Tuesdays beginning April 17 from 9-11:30 a.m. at the Life Care Center of Estero, 1850 Williams Road, Estero.

For more information or to register, please call 239-343-9264.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Learn more at www.LeeHealth.org.

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