

## Wellness Retreat on Fort Myers Beach to Focus on Healthy Lifestyle Options

(Fort Myers, Fla. – Mar. 12, 2018) - Explore healthy lifestyle options at Lee Health’s Inaugural Wellness Retreat May 15-17 at the Pink Shell Resort on Fort Myers Beach. This three-day retreat will inspire, support and guide participants to learn about and experience a healthier lifestyle through nutrition, exercise, self-care, mindfulness and integrated therapies.

Work demands, family obligations and countless other stresses of daily living can challenge our well-being and increase the risk for chronic stress and illness. The Wellness Retreat offers an exclusive opportunity to learn about many health and wellness options that can help you achieve a healthier life balance.

The Wellness Retreat aims to offer a holistic approach with information and techniques that will empower participants to make “bite-sized” but powerful changes that can transform their lives through healthier lifestyle and nutrition choices. A holistic view encompasses the whole person—physical, mental, spiritual, behavioral and social—not just symptoms and disease. The retreat will end with a goal-setting session that will inspire participants toward leading a more balanced life.

Retreat participants will be able to explore alternative medicine options like Integrative Medicine, which incorporates acupuncture, massage, nutrition, Reiki and other treatments, and comprehensive personal evaluations that focus on you—*all of you*.

Featuring a full schedule of wellness seminars and presentations, the retreat will also include a keynote address by Salvatore Lacagnina, D.O., Lee Health System Medical Director of Wellness and Employee Health, entitled “Epigenetics: The Science of Change.” Several Lee Health physicians will discuss how a well-rounded integrated approach to sleep, nutrition, stress management and brain health relates to self-care and may reduce the incidence of chronic diseases.

In addition, the Wellness Retreat will also offer activities designed to nurture your soul and lift your spirit:

- Meditation
- Nature Kayak Tours
- Tai Chi
- Latin Line Dancing
- Yoga
- Mind and Body

Reservations for the Wellness Retreat are required. The fee for the three-day retreat, including most meals, is \$425 (not including overnight accommodations). Gulf-front rooms are available through the resort; call (888) 222-7465, or visit [www.pinkshell.com](http://www.pinkshell.com). For more information about the retreat, or to make a reservation, call 239-495-4475 or visit the website at [LeeHealth.org/wellness-retreat](http://LeeHealth.org/wellness-retreat).

### 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. Formerly known as Lee Memorial Health System, the organization began its second century of service with a new name in 2016. Learn more at [www.LeeHealth.org](http://www.LeeHealth.org).*

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**Lee Health - Press contact information:**

Pat Dolce, Public Affairs Specialist  
(O) 239-343-8370 (C) 239-989-2758

Department Mobile/After Hours:  
(239) 789-5786

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