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Speaker Series: Helping Happiness – How to lift your mood and your life!

(Fort Myers, Fla. – May 10, 2018) --- As part of the National Speakers' Series, Lee Health is pleased to present Dr. Darren Morton's **Helping Happiness - How to lift your mood and your life!**

Over the past decade, a number of scientifically proven ways for improving one's happiness have emerged from the exciting fields of Lifestyle Medicine, Positive Psychology and Neuroscience. Dr. Morton will explore the science of happiness and how to lift your mood and your life.

Dr. Darren Morton is an internationally recognized Lifestyle Medicine expert, certified by the International Board of Lifestyle Medicine. He is the author of over 50 publications in scientific journals and has written three books, including *Life More Happy*. Dr. Morton is a popular presenter and has presented to hundreds of audiences around the world.

The free talk is open to the public and will be held on **Monday, June 4 at 6 p.m. at the First Christian Church, 2061 McGregor Blvd., Fort Myers.**

Please RSVP for tickets to: speakerseriesRSVP@LeeHealth.org. Seating is limited and reservations are required. If you have questions or want more information, please call 239-424-3234.

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.