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**National Speaker Series: Christin Collins**  
***Living Your Life on Purpose....Knowing Your 'Why' Leads to Health & Happiness***

(Fort Myers, Fla. – Feb. 19, 2019) --- As part of the National Speakers' Series, Lee Health is pleased to present Christin Collins, System Director for Health & Wellness, who will present *Living Your Life on Purpose --- Knowing Your 'Why' Leads to Health & Happiness*. Christin's role with Lee Health is to help align the system's vision for health, wellness and prevention internally and within the community. She leads the wellness movement with oversight of Healthy Lee and community health.

Are you excited to wake up in the morning and take on a new day? Do you have clarity around what makes you smile and joyful? Are you intentional in the choices you make and why you make them? There are a number of lifestyle components that lead to healthier and happier lives. We highlight six ... physical activity, nutrition, sleep, stress, mental and behavioral health, and purpose. Are you paying attention to your 'why' behind what you do? Come explore how you can get in touch with your purpose, leading to a well-balanced, happy and healthy life.

Christin is extremely involved in numerous civic organizations and is currently a Board Member for The Greater Fort Myers Chamber of Commerce. She has been a recipient of the chamber's Apex Award, was The New-Press Person of the Year and was honored by Gulfshore Life Magazine as a 2017 Men and Women of the Year. She is once again co-chairing the 2019 Southwest Florida Wine & Food Festival, and is excited that the majority of the funds raised from this event will support mental and behavioral health in our region. Christin is also a member of this year's Florida Leadership Cornerstone Class, where she is enjoying connecting with numerous leaders from around the state.

The free talk is open to the public and will be held on **Tuesday, March 12 at 6 p.m. at the First Christian Church, 2061 McGregor Blvd., Fort Myers.**

Please register for this event at [LeeHealth.org/classes](http://LeeHealth.org/classes). 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](http://www.LeeHealth.org).*