SHARE Club Computer Classes Available

- Basic Computers
- Print Shop and Photo Editing
- Using and Working with Windows 10
- Buying and Selling on eBay
- Security and Safety for Windows 10 users
- iPhone

Classes range from $20-$50 and run 2 to 5 weeks. For more information, call SHARE Club at 239-424-3765 or go to www.LeeHealth.org/SHAREClub.

Here’s what our students have to say:

“Very interesting and she makes it fun.”

“Loved the class and I learned so much.”

“Excellent teacher and offers good explanations and demonstrations.”

“Coaches were excellent and well qualified.”
Reach Out and Connect

I have been blessed to have worked with and supported our community seniors for what seems like a lifetime. I have learned much over the years about successful retirement, about grief and loss, about the value of listening and learning, with my every encounter. I have learned how to be a better parent, sister and daughter. In my role I have heard numerous stories of wonderful examples of family and some very sad situations that are difficult to understand. As we age, we should look to the future while remembering the past, cherishing our wonderful memories. Share your life experiences with people around you, whether they are your grandchildren or people you meet at the gym or other social circles. When I have an opportunity to visit with someone, I want to know where they came from, what was their life like, and what are their goals now. Setting goals and reaching for the stars does not end when you retire. You should always have something to look forward to every day and every year. These goals will change as we age, so whether your goal is to travel the world, or try a new restaurant each week, or take a cooking class, be sure to make time to pursue a passion. Don't wait for tomorrow, which is never promised us. Thank you to all whom I’ve met. If you are not familiar with our SHARE Club program, I encourage you to give us a call. We are wonderful people who are here to make your life better.

Many factors determine our quality of life as we age. Becoming a SHARE Club member is one way to find opportunities to live our healthiest, most well-rounded life. For more information please call 239-424-3765.

Teresa Frank-Fahrner

Quote for the Health of It

“I go to nature to be soothed and healed, and to have my senses put in order.” By John Burroughs

We are fortunate with so many beautiful parks and green spaces. For more information on our Communities Parks and Preserves, go to LeeParks.org or call Lee County Parks and Recreation at 239-533-7275 to find out where you can get a map.

Lee Health Speakers Bureau

Getting the word out about health and wellness to your organization.

We have a variety of health care professionals available to speak to community organizations about current health issues. We will do our best to respond to specific requests or offer suggestions to meet the needs of your organization. Our services include general topics such as healthy aging, and injury prevention, as well as more targeted subjects, including sleep disorders, back pain and diabetes.

This service is part of our commitment to the community and is free of charge. Requests for Speakers Bureau should be made at least eight weeks in advance. Please call Karen Krieger at 239-424-2233.

Dine & Discover New Friends For SHARE Club Members

Try new restaurants and make new friends with SHARE Club! Dutch treat. Call 239-424-3765 to make your reservations.

Wisteria Tea Room & Café
2512 Second St., Fort Myers
Friday, May 19 or Monday, May 22
("Pick one date. Seating limited.
11 a.m.
Cost: $21.00 cash only.

FINS Seafood and Dive Bar
3422 Del Prado Blvd., Cape Coral
Tuesday, June 27
5 p.m.

K J Fresh Grill
19050 South Cleveland Ave.,
Fort Myers
Monday, Sept. 18
5 p.m.

Ichiyummy Sushi & Hibachi
3922 Del Prado Blvd., Cape Coral
Thursday, Oct. 12
5 p.m.

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A Healthy Living Tip from Dr. Sal: The Importance of Managing Stress

We all live with certain amounts of stress. When stress is short lived, it usually does not significantly affect one’s health. But when stress becomes chronic and unrelenting, its effects on the body and brain are far-reaching and sometimes can be life-altering.

Stress of any kind causes the adrenal glands to produce cortisol. When produced for long periods, cortisol can affect the brain, placing it at an increased risk for cognitive dysfunction and depression. Same, too, with the heart and cardiovascular system, which can develop high blood pressure and inflammation within the arteries. Also, cortisol can affect the hormone system by increasing the risk of diabetes and metabolic syndrome, as well as the GI tract with chronic heartburn and bowel movement problems.

Chronically elevated cortisol also adds fat around the waist and buttocks. More seriously, it can add fat around the internal organs, called visceral fat. This kind of fat interferes with the normal function of the organs. The immune system is also negatively affected. When one’s immune system is unable to function normally, one is more susceptible to infections, cancer and other health problems.

Therefore, our healthy living tip is to learn how to manage stress before it mismanages your health. Yoga, meditation, breathing exercises, and prayer all will help you lower your stress level, which will lower your overall health risks. Often, professional counseling may help, so reach out and ask for help before stress takes hold of your health. If you have any questions or concerns, please feel free to contact Dr.Sal@LeeHealth.org.

Spirituality Leads to Meaningful and Purposeful Living

When change brings challenges, spirituality can restore your purpose in life. Chronic pain, illness and loss of physical activity can wreak havoc on our well-being as we age. Our children and grandchildren may lead hectic lives or live far away, which can cause us to feel isolated, without purpose and/or no longer valued. Roles between you and your spouse can change as one of you may need to become a caregiver of the other.

Clinical studies have shown prayer and meditation can increase the body’s resistance to stress by lowering your stress hormones and improving immune responses, explains Chaplain Susan Crowley. “Love, gratitude, forgiveness, hope and peace are at the core of spirituality and as we age, these nurture our innermost being. Thinking positively, laughter, developing a compassionate and grateful heart, and letting go of past hurts can also bring us peace as we age.”

We can live life to the fullest through:
- Religious practices, prayer and meditation
- Exercise
- Maintaining supportive relationships
- Connecting with nature
- Sharing wisdom with others
- Volunteering and giving of ourselves

See Calendar for Doodle Devotion: Praying in Color Program

Touching the Lives of Others for Your Well-Being

When you give of your talents and wisdom, you connect with others, improve lives and transform your own life. Studies prove volunteering provides a sense of purpose and offers physical, social and mental benefits for older adults, including:
- Increased sense of pride, satisfaction and accomplishment
- Higher levels of well-being
- Lower rates of depression and disability
- Stress reduction
- Increased brain activity and cognitive function

Each Lee Health hospital has a variety of volunteer opportunities that offer interaction with our patient population or none at all. The choice is yours. Volunteer opportunities include: trolley service, gift shop, thrift shop, reception and clerical positions.

If you are interested in learning more about volunteering, visit leehealth.org/volunteer/index.asp or call one of our locations:
- Cape Coral Hospital: 239-424-2206
- HealthPark Medical Center or Golisano Children’s Hospital: 239-343-5055
- Lee Memorial Hospital: 239-343-2388
- Gulf Coast Medical Center: 239-343-0636
Free Tai Chi and Chair Yoga to be offered at Brookdale Bonita Springs Tai Chi, Mondays, 2:30 p.m. Chair Yoga, Wednesdays, 2:30 p.m. Brookdale Bonita Springs, 26850 South Bay Dr., Bonita Springs. Sponsored by Brookdale Senior Living. Call 239-948-2600 to register.

You are Invited to Experience The Virtual Dementia Tour! Thursday, May 4, 9 a.m.-noon or 1-4 p.m. (*choose one time), Shell Point Retirement Community, 14441 Woodsong Lane, Fort Myers. Walk in the shoes of someone living with a memory disorder. While a person without dementia may never be able to fully understand how a person with dementia feels, the Virtual Dementia Tour™ is an attempt to provide some insight into the disorienting world of dementia. Space is limited. Please call McKenzie Millis, 239-600-6424 to RSVP.

Mother's Day at The Palms of Fort Myers Friday, May 12, 12:30 p.m., The Palms of Fort Myers, 2674 Winkler Ave., Fort Myers. For more information or to register to attend, please call 239-343-9559.

Guidelines for Cancer Screening: What You Need to Know! Tuesday, May 16, 11:30 a.m., Wa-Ke Hatchet Recreation Center, 16760 Bass Rd.

Thursday, June 8, 10 a.m., Cape Coral Hospital auxiliary conference room

Wednesday, Sept. 20, 10 a.m., North Fort Myers Recreation Center, 2000 North Recreation Park Way, Valerie A. Buttram, MS, RDN, Oncology Education Coordinator, board certified specialist oncology dietician will discuss what guidelines are used when screening for cancer.

Older Americans Month Luncheon Celebration Wednesday, May 17, 11 a.m., Cape Coral Hospital auxiliary conference room

Guest speaker Dr. Nasser Razack, neurointerventional radiologist, will present “Eating for Good Brain Health.” Sponsored by Cape Coral Hospital.

It’s Never Too Late to Change Your Mind: How Mindfulness Meditation Works Thursday, May 18, 10 a.m., Cape Coral Hospital auxiliary conference room

Mary Robinson, MA, LMFT will talk about how to be in the present and mindful of what your body is telling your brain. What should you do with the information to help heal yourself? Glaucoma “The Silent Thief of Sight” Tuesday, May 23, noon, Frantz Eye Care, 12731 New Brittany Blvd. Dr. Shawn Khan specializes in the management of glaucoma. Dr. Khan will discuss the advances in medical, laser and surgical management of glaucoma. A light lunch will be provided.

Solo Traveler’s Meet and Greet Wednesday, May 24, 11 a.m.-1 p.m. Wednesday, Aug. 16, 11 a.m.-1 p.m. Healthy Life Center, Coconut Point Mall, 23190 Fashion Dr., Suite 105, Estero

Wednesday, June 14, 3-5 p.m. Thursday, Oct. 19, 3-5 p.m. Brookdale Cape Coral, 1416 Country Club Blvd., Cape Coral. Meet other singles who are interested in traveling. Interactive games and refreshments will be provided.

Identity Theft Program Wednesday, May 24, 10 a.m., North Fort Myers Recreation Center, 2000 Recreation Park Way

Lee County Sheriff’s office will talk about the ways you can protect yourself against this growing crime. Call 239-533-7207 to register.

Pre Planning for Peace of Mind Thursday, May 25, 10 a.m., North Fort Myers Recreation Center, 2000 Recreation Park Way

Join us for a Planning Seminar and learn about pre-arrangements, veterans’ benefits, cremation and burials, and more. Presented by Melissa Smith, Advanced Planning Specialist. Call 239-533-7207 to register.

Senior Health and Fitness Programs Wednesday, May 31. Lee Health will offer various exercise classes and lectures in Lee County. Please call 239-424-3765 for a list of the locations and special classes offered on this day.

Know Your Nutrition or Know Nutrition Now? Enjoy a food preparation demonstration, recipe tasting and healthy lecture on the second Wednesday of every month from 2-3 p.m. at the Regional Cancer Center 4th floor conference room, 8931 Colonial Center Dr., Fort Myers. For more information or to register to attend, please call 239-343-9559.

May 10: Got Fiber?

June 14: Avoiding Energy Malnutrition

July 12: Hydration Tips and Supplements to Sip

Aug. 9: It’s All in the Food Label

Sept. 13: Cancer Fighting Foods to the Rescue

Oct. 11: Breast Healthy Nutrition

Nov. 8: Healthy for the Holidays

Dec. 13: Gut Ready for the New Year
Doodle Devotion: Praying in Color
Wednesday, July 12, 10 a.m.-noon, Cape Coral Hospital auxiliary conference room
Tuesday, Sept. 12, 10 a.m.-noon, Wa-Ke Hatchee Recreation Center, Arts and Crafts room
Nancy Roberts, RN, BSN, Parish Nurse Manager for Lee Health will teach you how to pray in a new, colorful way.

Happy 65th Birthday, Welcome to Medicare
Friday, July 14, 1 p.m., Cape Coral Hospital Auxiliary conference room. Presented by Jo Marshall, SHINE Counselor. Jo will discuss what you need to do now that you are approaching Medicare age.

Home Owners and Car Insurance Are You Properly Protected?
Wednesday, July 19, 11 a.m., Healthy Life Center, Coconut Point Mall, 23190 Fashion Dr., Suite 105
What insurance you should have for your home, rental property and car. Presented by Bryan Avery, Agency Owner.

I am a Veteran: Veterans and Spouse Benefits
Tuesday, July 25, 10 a.m., Lee Memorial Hospital Auditorium
Rodney Van Ness, County Veterans Service officer, will discuss the benefits available to veterans and spouses of veterans of the United States Uniformed Services.

When It Comes to Travel, What is On Your Bucket List?
Wednesday, July 26, 10 a.m., The Crossings at Hancock Creek, 3501 Hancock Bridge Pkwy
Presented by Concierge Cruises. Refreshments will be served. Call 239-533-7207 to register.

Alzheimer’s Disease and Related Dementias
Thursday, Aug. 10, 10 a.m., Lee Memorial Hospital Auditorium
Learn about Alzheimer’s disease, dementia and memory loss symptoms and how to cope with the challenging behaviors associated with dementia. Presented by Mary C. Freyre, RN, Health Education Specialist with the Alvin A. Dubin Alzheimer’s Resource Center.

Ice Cream Social
Thursday, Aug. 17, 1 p.m. Calusa Harbour Senior Living, 2525 First St.
Cool off with a sweet treat! “How to Kick the Sugar Habit”
Tuesday, Aug. 22 at 2 p.m., The Rehabilitation and Healthcare Center of Cape Coral, 2629 Del Prado Blvd S. Presented by Amy Rybicki, certified health coach, Amy will tell you ways to help eliminate sugar from your diet.

S.A.F.E. Program (Self-Defense Awareness and Familiarization Exchange)
Wednesday, Sept. 13, 10 a.m.-noon, North Fort Myers Recreation Center, 2000 North Recreation Park Way. For women only. Reduce your risk of becoming a victim of violent crime. The program has three parts: introduction, video and physical self-defense techniques. The two-hour program is $5 per person and can be paid by cash or check (made payable to Lee County Sheriff). Call 239-533-7207 to register.

Mindful Eating for a Healthier, More Balanced Life
Tuesday, Oct. 10, 11 a.m., Lee Memorial Hospital Auditorium
Presented by Mary Robinson, MA, LMFT.

Get Social and Be Safe on Facebook and Twitter
Wednesday, August 23, 10 a.m. to 12 noon North Fort Myers Recreation Center
Monday, Sept. 11, 9 to 11 a.m. Wa Ke Hatchee Recreation Center
Presented by Lindsay Thoman. “What is Integrative Medicine?”
Tuesday, Sept. 26, 11:30 a.m. Cape Coral Hospital auxiliary conference room
Dr. Heather Auld will discuss what integrative medicine is and how you can improve your health in more holistic ways.

Weekly Programs on Dizziness, Vertigo and Balance Problems
Beginning Monday Sept. 25, 11:30 a.m.-12:30 p.m. Wa Ke Hatchee Recreation Center
Join us for an educational series on Balance challenges and who can help. 239-424-3765 for topics and dates.

S.A.F.E. Program (Self-Defense Awareness and Familiarization Exchange)

Probiotics for Overall Health
Thursday, Oct. 19, 11 a.m., Cape Coral Hospital auxiliary conference room.
Teresa Spano, naturopathic consultant, will explain what probiotics are and how they can improve our health.

The Importance of Proper Nutrition to Support Rehab from an Injury
Tuesday, Oct. 24, 11:30 a.m., Wa-Ke Hatchee Recreation Center, 16760 Bass Rd.
Ray Halstead, PT, DPT, physical therapist will discuss the power of nutrition in preventing and managing chronic diseases.

June 10: Thailand—Its History and Phuket’s Remarkable Recovery From The Tsunami
July 8: Mayans, Incas and Aztecs—The Pre-Columbian Americans
Aug. 12: Helen of Troy “The Face That Launched a Thousand Ships” Fact vs. Fiction
Sept. 9: History of Ancient Athens and The Parthenon
Oct. 14: Genghis Khan and Timur—The Impact

Senior Scholar Classes
Saturdays, 10 a.m., Cape Coral Hospital auxiliary conference room
Cost: $10
Please call 239-424-3765 to register.

Professor Adrian Kerr is an internationally respected lecturer in ancient civilizations.
Movie Days
Join us for popcorn and drinks while enjoying a movie. No cost for these events. Call for movie selection and reservations one month ahead of time by calling 239-533-7207. Sponsored by Comfort Keepers.

Movie Day – North Fort Myers Recreation Center
Tuesdays, 11 a.m.
May 9
June 13
July 11
Aug. 8

Movie Day – Wa-Ke Hatchee Recreation Center
Wednesdays, 11 a.m.
Sept. 13
Oct. 11

October Dinner Dance
Wednesday, Oct. 25, 5-8 p.m., North Fort Myers Recreation Center, 2000 Recreation Park Way
Come and enjoy a nice sit-down dinner, followed by live entertainment that promises to get you moving on the dance floor. Cost: $10 for members, $15 for guests. Please call 239-533-7207 to register.

Community Outreach Programs

Asthma Management Program
During this 6-month program, patients will be seen monthly by a certified asthma educator and be provided the tools necessary to self-manage and control their asthma. A physician referral is required. Call 239-343-0765.

Behavioral Health Center
The Behavioral Health Center offers comprehensive outpatient behavioral treatment by a multidisciplinary team of psychiatrists, nurse practitioners, registered nurses and licensed clinical social workers. Call 239-343-9180.

Cardiac Rehabilitation
Cardiac Rehabilitation is designed specifically for patients who have had recent heart problems. Our services include exercise, risk factor education, lifestyle modification and support. Call Cape Coral Hospital, 239-424-2396 or HealthPark Medical Plaza One, 239-343-5720.

Chronic Pain Self-Management Program
This is a free, research-based, 6-week workshop that provides the tools necessary to manage chronic pain conditions. Call 239-342-9264.

COPD Management Program
During this 6-month program, patients meet monthly with a chronic obstructive pulmonary disease (COPD) educator who teaches them and their families the tools necessary to self-manage their COPD. A physician referral is required. Call 239-343-7217.

Diabetes Care
This 10-hour comprehensive education program teaches individuals with diabetes the tools necessary to manage this condition. A physician referral is required. Call 239-424-3127.

Home Health Telehealth Program
We can monitor and manage your health care safely and easily. Using state-of-the-art equipment in the comfort of your home, your vital signs are transmitted to nurses who provide the means to monitor your health between your caregiver’s visits to your home. Call 239-225-7700.

Lee Center for Weight Management
This is an individualized, 14-week weight loss program facilitated by registered dietitians with expertise in weight management. Call 239-424-3120.

Lee Physician Group-Memory Care
Working together with a patient’s primary care physician, our Memory Care program ensures proper diagnosis and provides evaluations, treatment and family counseling. Call 239-343-9220.

Lifeline
With Lifeline Medical Alert Service, you get fast, easy access to help 24 hours a day, 365 days a year. Call 239-225-7717.

Caregiver Support Group
For caregivers of those with a dementia diagnosis. Call 239-343-9224.

Pulmonary Rehabilitation
Teaches people with lung disease how to manage their condition and achieve the highest level of health, through education and exercise curriculum. Call Lee Memorial Hospital, 239-343-3520 or Cape Coral Hospital, 239-424-2161.

Senior Care Choices
Senior Care Choices enables seniors to remain independent and in their own home. We develop individualized care plans that promote independence and autonomy. Call 239-225-7718.

SHARE Club
SHARE Club is all about keeping seniors active and engaged. We have educational lectures, luncheons, social programs, and much more. Call 239-424-3765.

Sleep Disorders Centers
Our Sleep Disorder Centers provide a number of services, including:
Bulleted list
• Sleep diagnostics
• Therapeutic interventions
• CPAP clinic
• PAP desensitization sessions
Call 239-343-0764.

Stroke Support Group
Cape Coral Hospital Aphasia Group
9:30-10:30 a.m., every Tuesday
Call 239-424-3572.

Cape Coral Hospital Stroke Club
10:30-11:30 a.m., every Tuesday
Call 239-424-2317.

Lee Memorial Hospital Stroke Support Group
4:30-5:30 p.m., first and third Monday of each month
Call 239-343-3493.
Planning for Driving Retirement

Drivers of all ages have road safety responsibilities that require both physical and mental fitness. Older drivers experience physical changes that can affect their ability to drive safely—changes in vision, reaction time and flexibility can put lives at risk.

- **Vision**—We make 90% of driving decisions based on what we see. The amount of light we need to drive doubles about every 13 years because the eye's lenses lose sensitivity to light and the ability to quickly change focus.
  - Get regular eye exams. Limit driving to daylight if you have trouble with night vision or glare.

- **Cognition**—Reacting to a situation while driving involves: sensing, deciding and acting. For older drivers, the brain takes longer to process each of these steps and makes it difficult to ignore distractions.
  - Leave more room between you and the car in front of you.
  - Eliminate distractions: turn off your phone and radio.
  - Go over your route ahead of time.

- **Fitness**—Getting no exercise affects your physical fitness. Driving is an activity that requires strength, flexibility and coordination to operate a vehicle safely.
  - Add a brisk walk into your day to make you a safer driver. Activities such as golf, tennis and gardening can also keep you in shape.

- **Medication**—Many over-the-counter medications can make a driver drowsy or distracted. These include tranquilizers, pain pills, sleep medicines, antidepressants, cough medicines and antihistamines.
  - Read the fine print on your medication packaging; if it says, “do not take while operating heavy machinery” let someone else drive.
  - Discuss the medication and its effects with your doctor and pharmacist.

You should stop driving if you are unable to read road signs, concentrate, get lost on familiar roads, have near misses or accidents and have family, friends or police who express concern about your driving. “Driving retirement should not be mistaken for ‘giving up’ an active lifestyle—it’s being aware of your changing abilities and choosing to keep yourself and others safe.”

Mark McKenzie, occupational therapist at Outpatient Rehabilitation at City Center, helps older adults test their ability to drive safely by conducting an evaluation that includes a clinical assessment of physical function, vision, cognition and road sign/traffic rule knowledge. This is followed by a 60-minute behind-the-wheel evaluation. Depending on the results of the assessments, various recommendations may be made—from stop driving to behind-the-wheel training, vision therapy, cognitive retraining or training in the use of adaptive controls. Both the clinical assessment and training are located at Outpatient Rehabilitation at City Center, 3114 Cleveland Ave., Fort Myers, FL 33901. For more information on our safe driving program, call 239-343-4960 or email Mark at Mark.Mckenzie@leehealth.org.

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Trust the #1 Medical Alert Service in the U.S.

**GoSafe with AutoAlert Keeps You Safe On the Go**

GoSafe with AutoAlert allows you the freedom and confidence to go where you want, when you want. Get access to help both inside your home and out.

**GoSafe with AutoAlert features:**
- Advanced locating technologies and siren to find you in an emergency
- Alerts to your responders; neighbor or relative living five minutes away or less, or you can choose for us to call emergency services
- A lightweight, waterproof pendant for direct two-way voice communication with a Lifeline response associate 24/7
- Automatic call system for help if it detects you've fallen inside your home or on the go

Cost of the GoSafe pendant is $150, with a one-year warranty. Monthly monitoring price is $58.95 if you have a landline in your home, $68.95 if you do not and includes any service calls to your home without travel fees.

For more information please call 239-225-7717 or visit leehealth.org/homehealth/lifeline.asp

*Installation is $50 for new customers but with a SHARE Club membership, this fee is waived.*

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**SHARE Club Partners with Lee County Parks & Recreation**

Visit one of these centers to find all we have planned for you.

**Locations:**
- **Wa-Ke Hatchee Recreation Center** (across Summerlin Rd. from HealthPark Medical Center), 16760 Bass Road, Fort Myers, FL 33908
- **North Fort Myers Recreation Center** (near the North Fort Myers Library), 2000 North Recreation Park Way, North Fort Myers, FL 33903

In addition to your SHARE Club membership, all of these programs also require a general Lee County Parks & Recreation facility membership, which is available for a one-time fee of $10 per person.

We have numerous exercise and social classes available.
SHARE Club Offers Valuable Benefits

For a small investment of $10 per year, SHARE Club offers a number of valuable benefits that help you live healthier, happier, more engaged lives.

Benefits include:
- Community discount program
- $5 coupon for a computer class
- 20% discount in the hospital gift shops
- 20% discount in the hospital cafeterias

How to Join

You can pay your $10/person annual membership fee at the SHARE Club office at Cape Coral Hospital by credit card, by cash or check at any of our classes or you can mail a check with the application form below to this address:

Lee Health SHARE Club, P.O. Box 2218, Fort Myers, FL 33902

Once you join, you will receive a membership key tag, and a list of SHARE Club benefits.

For more information, contact SHARE Club at 239-424-3765 or www.LeeHealth.org/SHAREClub

Name ____________________________________________________________

Address ______________________________________________________________________

City __________________________ State ___________ Zip _____________

Phone Number __________________________ Date of Birth ______________

Email __________________________________________________________

I have enclosed cash or check in the amount of ____________________________

To pay by credit card, please call us at 239-424-3765.