Nine out of 10 people who have pre-diabetes don’t know they have the condition. Annette McClenahan, a certified diabetes educator with Lee Health, says, “There are no symptoms for a pre-diabetic condition. It’s diagnosed through blood tests. About 15-30 percent of adults with pre-diabetes develop Type 2 diabetes.”

To lower the risks of people who are pre-diabetic from developing Type 2 diabetes, Lee Health Solutions has added a diabetes prevention program to its menu of chronic disease self-management programs. The classes, part of the National Diabetes Prevention Program and led by the Centers for Disease Control and Prevention, focus on helping participants make long-lasting lifestyle adjustments to prevent or delay Type 2 diabetes.

“We meet in group-session style for an hour,” Annette says. “We talk about diet, barriers to activity, dining out, and various types of behaviors.” Program goals include reducing body weight by 5 to 7 percent and working up to 150 minutes of weekly moderate physical activity, such as walking, swimming or other exercise.

Annette says the program can reduce one’s risk of developing Type 2 diabetes by about 60 percent by encouraging participants to make long-term moderate lifestyle changes.

Participants are eligible to enroll if they:

• Have no previous diagnosis of diabetes
• Have a lab test indicating pre-diabetes
• Have a physician or health care provider referral
• Have a body mass index greater than or equal to 25
• Are 18 years of age or older

The program will be free for a limited time. For more information or to register, call Lee Health Solutions at 239-424-3127.

Lee Health’s culinary team of chefs travelled to each hospital throughout October, as part of Vegetarian Awareness Month. The chefs prepared their vegetarian dishes, which staff and guests at each campus sampled and voted on as their favorite dish.

The Grand Champion cook-off, a contest between the top two chefs, takes place at 1 p.m., Nov. 1 at HealthPark Medical Center to celebrate the American Heart Association’s Eat Smart Month, which recognizes healthier eating habits. The chefs will have 30 minutes to create a hot entée using specific ingredients.

Five judges will select the winner.

We think about Healthy News!

Take our quick survey for a chance to WIN one of three special prizes*:

• $25 gift card to Chocolatté’s Coffee (locations: Lee Health hospitals in Fort Myers and Cape Coral)
• 30-minute massage session with Lee Physician Group – Integrative Medicine
• $25 Visa gift card

* The prize will be awarded to one randomly selected participant after the close of the contest on Jan. 1, 11:59 p.m.

Visit LeeHealth.org/Survey to take the quick online survey.

The two top chefs will compete on Nov. 1 and present their heart-healthy dishes.
Enhancing the Health of Our Community

Over the next few years, Lee Health Foundation will focus on six initiatives to enhance the overall health and wellness of the Southwest Florida community. As we continue to serve patients with the highest quality care, we are raising awareness and philanthropic support in the following strategic areas:

1. **Lee Health – Coconut Point**
   
   Our goal is to be the most comprehensive health and wellness destination in South Lee County. To be completed in 2018, and located south of Coconut Point Mall.
   
   **Features include:**
   - Freestanding 24-hour emergency department
   - Surgery center
   - Breast health center
   - Cardiac testing, rehabilitation services, and chronic disease management
   - Pharmacy
   - Nutritional counseling including a teaching kitchen
   - Healthy Life Center for exercise, health assessments, and education throughout the year

   Visit LeeHealthFoundation.org/CoconutPoint to learn more.

2. **Little Red Wagon Fund**
   
   Golisano Children’s Hospital received The Leapfrog Group Top Children’s Hospital in 2016. Every dollar raised through the Little Red Wagon Fund will benefit the youngest, most vulnerable patients and their families, and also support:
   - Pediatric Specialty Clinic in Port Charlotte
   - Golisano | Nicklaus Children’s Health Center in Naples

   Visit LeeHealthFoundation.org/LittleRedWagon to learn more.

3. **The Health & Wellness initiative**
   
   With Healthy Lee, physicians’ groups, local schools, social services, and neighborhood organizations, we are initiating healthy living programs that transform the way our families feel about wellness and health care.
   
   **Our six key focus areas include:**
   - Purpose-Driven Living “Your Why”
   - Physical Activity
   - Nutrition, Sleep
   - Stress Management
   - Mental & Behavioral Health

   Visit LeeHealthFoundation.org/Health&Wellness for more information on the CHIP Program, walking trails, gardens, teaching kitchens, food trucks, and other efforts.

4. **Pediatric Behavioral Health**
   
   Golisano Children’s Hospital’s Pediatric Behavioral Health Fund will help create a pediatric behavioral health program to enable children with mental and behavioral health disorders to receive proper diagnosis, treatment, and the best community resources.
   
   You can support families and assist with hiring mental and behavioral health professionals for counseling and therapy.

   Visit LeeHealthFoundation.org/NotOnMyWatch and shine a light for a child in need of hope.

5. **Regional Cancer Center Expansion**
   
   The five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. The multi-million-dollar expansion of the Regional Cancer Center will feature a 24,000-square-foot addition to the existing health center in Fort Myers, and include space for cancer treatment research.

   It is anticipated for completion by fall 2018. You can have a lasting impact on our community. Visit LeeHealthFoundation.org/RegionalCancerCenter to learn more.

6. **Shipley Cardiothoracic Center**
   
   Thanks to a $2.5 million gift from Mr. Richard C. Shipley and Shipley Foundation, Inc., Lee Health created Shipley Cardiothoracic Center to address the management and care of those suffering from heart and lung diseases.

   Shipley Cardiothoracic Center is at the forefront of developing techniques that will make a difference for patients and significantly improve their health and vitality.

   You can support families and assist with hiring mental and behavioral health professionals for counseling and therapy.

   Visit LeeHealthFoundation.org/ShipleyCenter to learn more.

By partnering with Lee Health Foundation, you can transform the future of Southwest Florida and have a lasting impact on our community through your generous support. Contact our team to discuss the area of need that reflects your passion! Visit LeeHealthFoundation.org or call 239-214-0819 to speak with our team.
When Cape Coral resident Jack Cavanaugh, 66, was diagnosed with chronic obstructive pulmonary disease (COPD) seven years ago, he decided to quit smoking cold turkey.

“Quitting actually wasn’t that big of an issue,” Jack says. “I should’ve done it 30 years ago. It would’ve been better if I hadn’t started, but when I was diagnosed with COPD, that was enough for me to put [cigarettes] down and say, ‘adios.’”

Chronic obstructive pulmonary disease is a lung disease characterized by progressing breathlessness. It affects 30 million Americans, and more than half have the symptoms but are unaware they have the disease.

The signs and symptoms of COPD include:
• Increased breathlessness
• Frequent coughing
• Wheezing
• Tightness of the chest

When he began to experience more problems related to his COPD, Jack was referred to the Regional Cancer Center. “The pulmonologist wanted me to have a lung X-ray, which showed suspicious nodules,” Jack says. “They also ordered a PET scan. After my lung cancer diagnosis, I began radiation treatment.”

“Triumph over smoking and encourage loved ones to quit for the Great American Smokeout on Nov. 16. Though not easily apparent, damage from smoking may not manifest itself for years. There are many reasons why smokers fail to quit. One of them is that subconsciously, they don’t want to; they just aren’t ready.”

“One of the most important things to remember is that you need to want to quit,” says pulmonologist Lazaro O. Bravo Jr., M.D. “Most patients attempt to quit for different reasons such as a spouse wanting ‘want to quit,’” says pulmonologist Lazaro O. Bravo Jr., M.D. “Most patients attempt to quit for different reasons such as a spouse wanting them to or kids or because a physician says it’s unhealthy, but those ultimately fail.”

As we grow older, we naturally lose lung function. For a smoker, the loss of lung function is three to four times that of a nonsmoker. If you choose to quit smoking today, it may take as long as seven years for the loss of lung function to be that of a non-smoker and some of the damage sustained during your “smoking years” may never be recoverable.

Dr. Bravo’s Tips to Quit Smoking:
1. You have to be honest with yourself, and commit to quitting. Stop justifying your reasons not to quit.
2. There is no such thing as slowly cutting back or socially smoking. Pick a date, and at that time throw away your cigarettes.
3. Get help. Take a multidisciplinary approach to quitting. Refer to the “Here’s help!” box on the right.
4. Seek support and cooperation from family and friends. Trying to quit around a smoker is difficult, at best.
5. Don’t place yourself in situations where smoking is “acceptable.”
Young Survivor Moves Past Cancer with Confidence and Physical Therapy

On the first school day of this year, second-grader Ian Tebo walked into class—on his own. “To this day, he’s the strongest person I know,” says Christy Tebo, Ian’s mother. “He makes me think the world isn’t a bad place, after all.”

For the Tebo family, their world seemed a bad place when on Jan. 4, 2016, 5-year-old Ian was diagnosed with adamantinoma, a rare bone cancer of the right tibia. That previous summer, Ian had fractured his right leg while playing at day care. He spent six weeks in a cast. At the time, Christy sensed something wasn’t right with her son’s leg. “Call it mother’s intuition,” she says. “I wanted a second opinion about Ian’s leg. We were able to finally see a bone tumor specialist that December. That’s when we found out.”

Ian underwent successful surgery for his cancer in February 2016. His leg in yet another cast, he recovered for five months before starting physical rehabilitation.

In March 2017, Ian began working with Christine Hofmann, PT, a pediatric physical therapist with Golisano Children’s Hospital. Ian progressed quickly with Christine, and within weeks was able to hold himself up while sitting on his right side. “He’s a real fighter,” Christine says. “Ian went right ahead into the exercises. His family is really great to work with, too. Ian did all the exercises. We made our sessions into fun routines.”

Michael Tebo, Ian’s father, says his son’s progress is unmistakable. “He has so much more confidence,” he says. “He plays now, when he used to be scared to play with his friends. Now he comes in jumping around and excited to show the new skills he was previously scared to do.”

“You can’t stop him if you tried,” Christy says. “We’ve enrolled him in swimming lessons, and this past summer he also started Tae Kwon Do. He passed his first belt test last July. There’s also soccer, basketball, and football. He just loves to move.”

Milk Lab Helps Premature Twins Thrive

For twins Camila and Valentina Rodriguez, born 10 weeks early at merely 2 pounds, 4 ounces and 3 pounds, 1 ounce, respectively, breast milk was especially important for naturally strengthening the babies’ immune systems and increasing their weights. During the twins’ stay at Golisano Children’s Hospital, their mother, Luisanna Rodriguez, used the Milk Lab’s services to provide the twins with donated breast milk.

For mothers of premature infants that qualify based on weight and gestational age, the Milk Lab provides breast milk from mothers who undergo rigorous health screenings and have donated their milk to be pasteurized at the Mother’s Milk Bank of Florida. “It took three days for my milk to come in after the girls were born,” Luisanna says. “So, in the meantime, we used donated breast milk. My husband and I were shocked because we hadn’t heard of it, but it was great because the twins were able to get what they needed.”

When Luisanna started producing breast milk, she brought it to the Milk Lab each morning to be prepared for her babies. “Because the twins were so little, the doctor ordered fortifiers for my breast milk to add calories,” she says. “They made a 24-hour batch for both babies and delivered it bedside. The women in the Milk Lab were knowledgeable and supportive, and answered all the questions I had.”

At Golisano Children’s Hospital, parents can access the Milk Lab services and receive lactation education from lactation counselors, their child’s physician, and also certified breastfeeding counselors. Some mothers who qualify can also rent a breast pump until they are able to receive their own.

“All breastfeeding mothers of hospitalized infants and children are welcome to store their expressed or pumped milk in the Milk Lab,” says Beth Futral, Milk Lab pharmacy technician. “Registered dietitians work with pediatricians, neonatologists, and pharmacy technicians to create custom breast milk orders to meet each baby’s specific nutritional needs.”
Flavor Harvest @ Home Fights Malnourishment in the Elderly

When you're recovering from an illness and too weak to make a trip to the store, the last thing you want to think about is how you're getting your next meal.

To promote self-care for patients returning home from the inpatient or outpatient care setting, AARP Foundation has donated $509,000 to the Flavor Harvest @ Home program. This expansion reduces inpatient readmission rates and shortens hospital stays through proactive nutrition intervention and home meal replacement for patients at risk for malnourishment.

“Home meals meet the required essential calories, including micro and macro nutrients that ailing individuals need to be healthy,” says Larry Altier, system director of Food and Nutrition Services. “Delivered right to your door, we also provide a registered dietitian to answer any questions about nutrition, and regularly follow-up with you to ensure your needs are being met.”

Once an individual is enrolled in the program, a registered dietitian contacts them to arrange delivery and ensure they receive appropriate medical nutrition therapy. The dietitian will also follow up with the patient during their enrollment and update their status on their medical record.

The Flavor Harvest @ Home program will maintain contact with the patient, stabilize them nutritionally, and prevent hospital admissions. “It cements that link that we promote in that we are caring people caring for people,” Larry says. “If you can't eat, you can't heal—it doesn't get any simpler than that.”

Meal Delivery Eligibility Requirements
A current patient of:
- Any Lee Health hospital
- Lee Physician Group—Cardiology offices at:
  - 16261 Bass Road, Suite 300, Fort Myers
  - 8960 Colonial Center Drive, Suite 302, Fort Myers
  - 14051 Metropolis Ave., Fort Myers
- Lee Physician Group—Family Medicine office at:
  - 13782 Plantation Road, Suite 201, Fort Myers
- A provider must refer the patient for risk of malnutrition
- Participant/representative and dietitian must sign a participation agreement
- Participant must voluntarily participate in the Flavor Harvest @ Home program
- Patients younger than 50 are ineligible for at-home meal delivery, but may receive dietitian counseling and education

For more information, call the Flavor Harvest @ Home dietitian at 239-343-8920.

Quick and Easy Heart-Healthy Menu Meals from Lee Health

Sea & Land
Prep: 5 minutes
Cook time: 15-18 minutes
Ready in: 20-23 minutes

Ingredients:
- 2 cups fresh spinach
- ½ cup cooked quinoa
- ½ cup mandarin oranges, drained
- 4 oz. salmon

Directions:
- Cook quinoa according to package directions
- Cook salmon to your taste (may be served hot or cold)
- Place fresh spinach on plate
- Sprinkle with quinoa
- Add salmon to top of salad
- Top with mandarin oranges
- Add your dressing of choice, and serve

Quinoa Breakfast Bowl
Prep: 5 minutes
Cook time: 15 minutes
Ready in: 20 minutes

Ingredients:
- 2 cups low fat milk
- 1 cup white quinoa
- ½ cup seedless raisins
- 1 tbsp coarsely chopped pecans
- 1 tsp honey
- ¼ tsp salt
- ¼ tsp cinnamon
- ¼ tsp nutmeg

Directions:
- Bring milk to a boil in saucepan. Stir in quinoa and raisins.
- Cover, reduce heat, and simmer until quinoa is tender and liquid is absorbed, about 15 minutes.
- Remove from heat.
- Stir in pecans, honey, salt, cinnamon, and nutmeg.
- Divide into four, 8 oz. portions.

Recipe credit: Heather J. Wayco, director, Clinical Nutrition, Lee Health
Take Charge of Your Holiday Food Choices

Keeping your diet in check during seasonal celebrations can pose a challenge. Many people cope with feeling lonely, sad, or anxious and turn to food for comfort, which may lead to overeating. Social events and gatherings centered on food encourage us to eat and drink more, and exercise less.

“Our friends and family can have a significant influence on what and how we eat,” says registered dietitian Erika Graziani, RD. “Often, clients share that pressure from others leads them to ‘fall off the wagon.’ Don’t be afraid to say no. Feel entitled to do what is good for you. It’s your health. It’s your body. It’s your decision. Try not to feel as if you need to please people.”

Avoid any foods you do not have control over. “If eating a small amount of a certain food will lead to binging and over-consumption, then it may be best to leave it alone,” says Erika, who is also the Outpatient Nutrition Program Coordinator with Lee Health Solutions. “Foods that should be eaten in moderation include fried foods, fatty meats, skins of chicken or turkey, items high in sugar, fat, salt, foods made with butter, cream, cheese, and egg yolks, processed foods, and desserts.”

Eat more fruits and vegetables. Aim to fill half your plate with colorful vegetables and fruits. Many seasonal fruits and vegetables can contribute to a delicious holiday meal.

Add nutrition and vibrant color to your holiday spread using: cranberries, pomegranates, brussels sprouts, broccoli, cauliflower, butternut squash, sweet potatoes, turnips, Swiss chard, grapes, pumpkin, citrus fruits, apples, and pears.

Plant-Based Diets Help Feed Your Brain

The type of foods you eat can help lower your risk for heart disease and strokes, which account for the majority of deaths in the United States. More than 90 percent of cardiovascular deaths are preventable, says Dr. Nasser Razack, M.D., a neurointerventional radiologist at Gulf Coast Medical Center. “Heart disease and stroke are based on the same blood vessel disease pathology,” he says. “These disease processes share the same underlying mechanisms that cause them. Nutrition is the best way to prevent stroke or heart disease.”

Dr. Razack says a plant-based diet can improve your health by reducing the inflammation in your body caused by a diet based on refined foods, meat, and dairy. In a plant-based diet, food is derived from vegetables, whole grains, nuts, seeds, legumes and fruits, and contains few or no animal products. “Plants and fruits have anti-platelet effects, which help thin our blood, which is very good for us,” he explains. “They also ‘rev-up’ parts of our cells called mitochondria. Plant-based, vegetarian and vegan are all diets that increase the activity of mitochondria, which help burn more fat in our bodies.” Studies have shown that plant-based foods can increase our metabolism by about 11 percent, he says.

The fat-burning benefits of a plant-based diet are important because fat is not just a passive tissue in the body, Dr. Razack notes. “Fat is an active substance, meaning it secretes hormones that can lead to cancer, heart disease, and stroke,” he says. “The ingredients of plant-based, vegetarian or vegan diets not only can help prevent stroke, but also provide low calorie, nutrient dense food that satisfies our appetites.”

Dr. Razack compares a poor diet to a tobacco habit, both of which can lead to unhealthy consequences. “Poor dietary choices are the equivalent of poor smoking habits from a generation ago,” he says. “Nobody tells you, ‘Hey, you can smoke moderately and it’ll be okay.’ We have to look at our diet the same way. There are consequences with eating poorly more often than not. We should try to make a healthy diet a habit. You can start by improving your diet with more fruits and vegetables.”
Cranberries, Potatoes, Stuffing... But Don’t Forget the Turkey Trot

38th Annual Turkey Trot 5K Run/Walk, Fun Run, Tot Trot

Bring your family and friends to get your appetites up and hearts pumping at the 38th Annual Turkey Trot on Nov. 23. Scott Kashman, Chief Acute Care Officer at Lee Health, participates every year for the 5K run and walk race.

“People who know me know that I love to move,” Scott says. “But I wasn’t always a competitor in local runs and triathlons. I was always into health and wellness but wasn’t consistent earlier in life.”

In 2003 and 35 lbs. heavier, Scott approached a trainer at his gym and let him know he needed to get his health back on track. The trainer shared with him the benefits of eating healthier and incorporating a running regime. “I went for a run and had to stop after half a mile,” Scott says. “The trainer saw me walk back in and asked if I was now willing to change my eating habits, and I told him I would keep running.”

After a few months, Scott became a stronger runner and incorporated better nutrition into his diet, now most of what he eats is plant-based and whole foods. “My weight dropped and my energy soared,” he says. “I’ve been running consistently ever since.”

Along with running, biking, swimming, and weight training, Scott also has incorporated mindfulness meditation into his routines to boost his mental health.

Running Tip: Pace yourself and enjoy reaching the milestones along the way. Know that with everything you do, keep training for life!

The 38th Annual Turkey Trot 5K Run/Walk is scheduled Nov. 23 at Wellness Center — Cape Coral, located at 609 SE 13th Ct., Cape Coral. The race starts at 7:30 a.m. Proceeds from the event will help construct Cape Coral Hospital’s Pathway to Discovery and benefit Fort Myers Track Club youth scholarships. For more information, call 239-332-4786. To register for the race, visit www.ftmyerstrackclub.com.

Warning Signs of Stroke

Learn the many warning signs of a stroke. Act FAST and CALL 9-1-1 IMMEDIATELY at any sign of a stroke. Use FAST to remember the warning signs.

- FACE: Ask the person to smile. Does one side of the face droop?
- ARMS: Ask the person to raise both arms. Does one arm drift downward?
- SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- TIME: If you observe any of these signs, call 9-1-1 immediately.

If you feel these warning signs or notice one or more of these symptoms in another person, call 911 immediately. Don’t wait because, if given within three hours of start of symptoms, clot-busting treatment may reduce long-term disability from the most common type of stroke.
Call 239-343-9503. Please bring your own towel/blanket. $5 per class.

10-11 a.m., every Wednesday
Regional Cancer Center, 4th floor Conference Room
Contact Moni Karmi at 239-343-6902 or Bobbi Marino@LeeHealth.org

Blood Cancer Support Group
3-5 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Goedfroy, Blood Cancer Advocacy Network volunteer
239-992-4809 or lgoedfroy@clientcare.org

Dietary Support Group
Time and date to be determined
Location to be determined
Registration is required. Contact Beth Benkowitz at 800-855-4572 or rbill@llc.org

Brain Tumor Support Group
6:30-7:45 p.m., third Tuesday of each month
Lee Memorial Hospital Volunteer Conference Room
Call 239-343-1388.

Cancer Nutrition Seminar
Free monthly seminar is for oncology patients, survivors and caregivers.Donations will be accepted.
2-3 p.m., second Wednesday of each month
Regional Cancer Center, fourth floor conference room
Call 239-343-9695 or email taylor404@leehealth.org

Colorctal Cancer Support Group
3:30-7 p.m., fourth Friday of each month
Regional Cancer Center
Contact Larry Mickey at 239-945-3306.

Multiple Myeloma Support Group
6-7 p.m. and Tuesday of the month
Hope Hospice, 9470 HealthPark Circle
Fort Myers
Contact Carol scientific Baltimore, at 800-465-7917 or cscor@hospice.org.

Oral Head and Neck Cancer Support Group
3-4 p.m., fourth Tuesday of each month
Gulf Coast Medical Center Medical Offices, 13685 Doctor’s Way, Suite 250, Fort Myers
Call 239-343-9867 or 693-8260.

Thyroid Cancer Support Group
10:30 a.m.-noon, third Saturday of each month
Lakes Regional Library
15290 Bass Road, Fort Myers
Contact Tanja Luckner, at 239-390-0797 or tanja@lakeregional.org

Mastectomy Pre-Operative Support Group
 Receive hands-on training and information regarding your upcoming mastectomy and valuable take-home tools to aid you during recovery. Free.
2-3 p.m., third Tuesday of each month
Regional Cancer Center, third floor specialty clinic conference room
Call 239-343-9500.

Abdominal Surgery Pre-Operative Support Group
1-2:30 p.m., Wednesdays
Regional Cancer Center, Suite 302
A 2-hour educational class for the colorectal surgical patient. Learn how to prepare for surgery and what to expect after surgery, and what you can do to reduce post-surgical risks.
Contact Bobbi Marino at 239-343-5902 or Bobbi.marino@LeeHealth.org

Gastro-Esophageal Cancer Support Group
2nd Tuesday of every new month, 4-5 p.m.
Regional Cancer Center
Contact Bobbi Marino at 239-343-5902 or Bobbi.marino@LeeHealth.org

Pre-Op Swim Class
Free class for individuals who are scheduled for spine surgery. Receive tips and techniques to improve your recovery and reduce the chance of a complication. Group swim class limited to 12 people.
7:30 a.m., every Tuesday
Outpatient Rehabilitation at City Center, 11th floor.
Call 239-343-4960.

Diabetes Support Group
4:00-5:00 p.m., third Monday of each month
Lee Memorial Hospital, Conference Room 311
Contact 239-343-5902 or visit LeeHealth.org/BMT.

Diabetes
Diabetes Self-Management Classes
Monday and evening classes are available at Cape Coral Hospital, HealthPark Medical Center and Lee Memorial Hospital.
239-343-9264.

Diabetes Prevention Program
The Centers for Disease Control and Prevention recommend those with prediabetes to delay or prevent the onset of type 2 diabetes.
239-343-9264.

Nutrition Counseling
Individualized nutrition counseling with a registered dietitian for a variety of health issues.
239-343-9260.

Welness
Weight Management
Individualized weight loss counseling with a registered dietitian.
239-343-9260.

Wellness Weight Loss Program
A wellness program is for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.
Weekly classes are available.

Thyroid Replacement Joint Care Program
Every type of joint replacement, including knee, hip, shoulder, elbow, ankle and hand.
239-343-9260.

Ortho/Neuro/Spine
Preoperative Joint Replacement Class
Everything you need to know to prepare for joint replacement surgery.
Tuesdays at Cape Coral Hospital; Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center.
239-343-4249.

Aquatic Art
Pod exercises for people with Parkinson’s disease.
9:00-10:00 a.m., 1st and 3rd Mondays at Lee Memorial Hospital
Registration is required.

Pre-Op Swim Class
Free class for individuals who are scheduled for spine surgery. Receive tips and techniques to improve your recovery and reduce the chance of a complication. Group swim class limited to 12 people.
7:30 a.m., every Tuesday
Outpatient Rehabilitation at City Center, 11th floor.
Call 239-343-4960.

Pregnancy/Parenting
Pregnancy & Diabetes Education Program
Available in English & Spanish education program for expectant mothers with diabetes or gestational diabetes.

Time and Date: Weekly classes available.
Location: Please call for more information.
239-342-3127.

Childbirth Preparation Traditional
This class includes four hours of classroom instruction taught by nurses who are certified by the International Childbirth Education Association (ICEA). The 1-day course is offered by a hospital for $45.

Time and Date: 1-2 p.m., 1st Saturday of the month
HealthPark Medical Center Call 239-343-3127.

Childbirth Preparation e-Learning Course
This e-learning course includes access to an online program and a hospital class. For more information about the online component, please go to LeeHealth.org/BMT.
30 per couple.

Classes take place throughout the year.

Blood Cancer Support Group
10:30 a.m.-noon, third Friday of each month
Lee Memorial Hospital/MOC Bldg. #705
239-343-5271 or visit LeeHealth.org/BMT.

Breastfeeding Club
Come network with other breastfeeding families.
Free breastfeeding classes are offered by board certified lactation consultants. Bring your babies—siblings are welcome.

10-11 a.m., Mondays
Cape Coral Hospital
10-11 a.m., Tuesdays
Cape Coral Hospital
10-11 a.m., Wednesdays
HealthPark Medical Center
2-3 p.m., Fridays
Cape Coral Hospital
(Se habla Espanol)

Support Groups/Classes
Balance and Vestibular Support Groups
Meet monthly in various locations throughout Lee County.
Call 424-5765 to register.

It’s All About You, Chronic Disease Self-Management Program
This 6-week program teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses. Many of the workshop leaders also have a chronic health condition.

Time and Date: Varies.

Support Groups/Classes
Call 239-343-8024.

Chronic Pain Self-Management Program
This 6-week program teaches you the tools necessary to self-manage your chronic pain.
During the workshop, you will learn about foods that help with pain, importance of physical activity, mindfulness, pacing and planning and much more.

Time and Date: Varies.

Support Groups/Classes

“Huffers and Puffers”
1-3 p.m., third Friday of each month
Cape Coral Hospital
3400 Cleveland Ave.
(321) 294-0800 to register for the Nov. 15 meeting and for more information.

Organ Transplant Recipients of Southwest Florida
Support group represents all forms of organ transplants, such as heart, lungs, kidneys, liver, pancreas, corneas—as well as those waiting for and those who have had manual or surgical valve replacements, donor families and members of the transplant community.
Meetings are the first Tuesday of each month at 11:30 a.m. to 1:30 p.m., first Thursday of each month at the Sanctuary, 2nd floor meeting room.
Light lunch is provided. Visit LeeHealth.org/support for more information.

Trauma Survivor Support Group
6-7:30 p.m., second Tuesday of each month
Lee Memorial Hospital Auditorium
7:30-9:30 p.m.

Memory Care Support Group
4:30-6:30 p.m., 2nd and 4th Tuesday of each month
3200 Lakota Lane, Suite 7
Fort Myers
Support group and education for caregivers of those with Dementia/ Alzheimer’s Disease. RSVP through our special event coordinator by calling 239-343-5024.

Lee Health Calendar
Please call to register and for more information.
Coconut Point
23190 Fashion Drive, Suite 105, Estero, FL 33928
For reservations call 239-495-4475.

Wellness Center—Cape Coral
609 SE 13th Court, Cape Coral, FL 33990
For reservations call 239-424-3210.

For upcoming events, go to LeeHealth.org/HealthyLifeCenter.

Golisano Children’s Hospital of Southwest Florida Family Program