

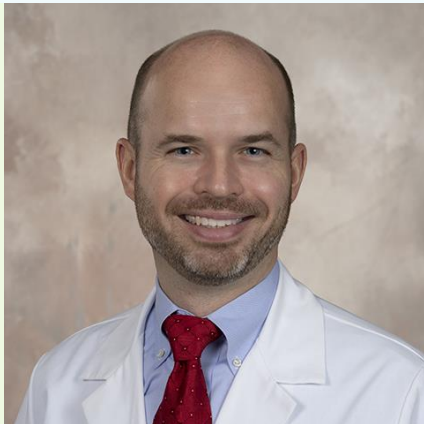


April Wellness Education Programs

Join us at one of our four locations in April. There is something for everyone, classes on improving your lifestyle through nutrition education, cooking demos, health screenings, and staying active.

Lee Health has a program just for you!
Check out the programs and sign up today!

[Sign Up](#)



The Latest in Prostate Health

Prostate cancer is the second leading cause of cancer in men in the United States. Join Joseph Klink, MD, Lee Health urologic oncologist, for this lecture and discussion on many recent advancements in prostate cancer treatment.

Tuesday, April 25, 4:00 - 5:00 PM

[RSVP](#)



The Importance of Colon Cancer Screening

Join Kevin Dolehide, DO, Lee Health gastroenterologist, to learn about the importance of colon cancer screenings.

Thursday, April 6, 10:00 - 11:00 AM

[RSVP](#)



Proactively Promoting Health with Probiotics

This will be an in-depth review of the sources, benefits, and myths of probiotics and prebiotics.

Friday, April 28, 10:00 - 11:00 AM

[RSVP](#)



Social Media and Internet Safety

No doubt technology is a double-edged sword. Posting is power. Passwords can be pesky. Plus, who is really behind those messages? Heather Turco, crime prevention specialist with LCSO explains the dark side of social media, along with ways you can surf safely and still have fun.

Tuesday, April 11, 10:00 - 11:00 AM

[RSVP](#)

Health & Wellness

Rehabilitation

Join us to hear from our experts on rehabilitation. This month's topics include Parkinson's and rehabbing your golf swing.

[RSVP](#)

Memory & Dementia

Join us for information on memory loss and dementia. Topics this month include understanding if forgetfulness is due to memory, aging, or hearing.

[RSVP](#)

Additional Locations!

These locations are open to all members of the community.

Classes Offered at Babcock Ranch

Click the event name below to RSVP

[Refreshing & Inspirational Summer Plant-Powered Plates](#)

[Cooking for Two](#)

[Babcock Events](#)

Classes Offered at WellWay Cape Coral

Click the event name below to RSVP

[How Can I Minimize My Fall Risk with Parkinson's Disease?](#)

[The Importance of Colon Cancer Screenings](#)

[Yikes! I Walked Into the Room and Forgot the Reason Why. Normal Aging or Something More?](#)

[Senior Blue Book University: Planning for Life's What-Ifs](#)

[Energy Balance: Why eating too much AND eating too little can be detrimental to reaching your goals](#)

[Coronary Artery Disease: Causes, Symptoms & Treatments](#)

[Healthy Happy Hour: Cheers to Health & Happiness](#)

[Cape Coral Events](#)

Classes Offered at Cypress Cove

Click the event name below to RSVP

[Memory Screening](#)

[How to Build a Smoothie](#)

[Healthy Happy Hour: Cheers to Health & Happiness](#)

[Fort Myers Events](#)

Featured Categories

A vertical rectangular image with a blue tint. It shows a person's hands in a white lab coat or apron, holding a green vegetable over a bowl. The text "Cooking Demo" is overlaid in white.

Cooking
Demo

A vertical rectangular image with a blue tint. It shows a person's arm and hand, possibly holding a yoga mat or a similar object. The text "Mind & Body" is overlaid in white.

Mind & Body

A vertical rectangular image with a blue tint. It shows silhouettes of several people holding hands in a circle, representing a community. The text "Community Partners" is overlaid in white.

Community
Partners

[View All Events](#)

[View April Event Calendar](#)

Stay Up to Date On What's New!



Follow our Teaching Kitchen on Instagram

Do you enjoy our cooking classes and want more? Follow the Lee Health Teaching Kitchen Instagram page for regular posts by our registered dietitian.

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