



## December Wellness Education Programs

December is right around the corner, which means a new month of programs to inspire your best self! Join us at one of our four Lee Health locations or in a virtual program! 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](#)

# *Lee Health*



## Pedal for a Purpose

“Pedal-for-a-Purpose” is a fundraising event where participants will ride on a stationary bicycle and pedal to raise money to benefit the expansion of the Regional Cancer Center at the Bonita Health Center and other health and wellness funds.

**Thursday, January 26, 5-9 p.m.**

[Click Link for Flyer](#)

[View Event Details Here](#)



### Medicare 101

Turning 65 or newly eligible for Medicare? Join SHINE to learn about the basics of Medicare and the importance of enrollment periods.

**Wednesday, December 7, 10-11 a.m.**

[In-Person Event RSVP](#)



### Lunch & Learn: Relieving Stress with Acupuncture

It's a magical time of the year but also a stressful one, too! Now that the holiday season is in full swing, join Lee Health Acupuncturist Ashley Donato, Dipl. O.M., AP, for a mindful presentation on how acupuncture can help you de-stress and benefit you long past the holidays. Lunch will be provided.

**Thursday, December 15, 12-1 p.m.**

[In-Person Event RSVP](#)



## Principles of Motor Learning & Neuroplasticity

What is motor learning? It's the process of learning or re-learning a physical skill or task. Learning a new skill is a complex process that changes your central nervous system. So let's get together to learn how to learn. Participants will learn more about getting the best outcome when learning a new or challenging task - particularly after a neurological or orthopedic injury.

**Wednesday, December 14, 10-11 a.m.**

[Virtual Event RSVP](#)



## Virtual Chair Yoga with Guided Meditation

Take a breather with us over lunch! This gentle practice can be done from anywhere. Stretch and meditate with us to center yourself during the busy holiday times.

**Monday, December 19, 12-12:30 p.m.**

[Virtual Event Sign Up](#)

## Health Screenings

With skin cancer on the rise, early detection remains the key to survival. A skin exam is the first step in diagnosing pre-cancerous and cancerous lesions. Get a FREE screening on Tuesday, December 13. Call us at 239-468-0050 to make an appointment!

[Sign Up](#)

## Additional Locations!

These locations are open to all members of the community.

### Babcock Ranch

[Click below to RSVP](#)

**Friends & Family CPR**

**Plant-Based Nutrition Survival Kit for the Holidays**

### Cape Coral

[Click below to RSVP](#)

**Therapy Strategies for Freezing of Gait (FOG) with Parkinson's Disease**

**Alzheimer's Association Brain Bus**

**Caregiving through the Holidays**

### Fort Myers at Cypress Cove

[Click below to RSVP](#)

**Rethink Your Drink: Tea Party**

**Facing the Fear of Falling**

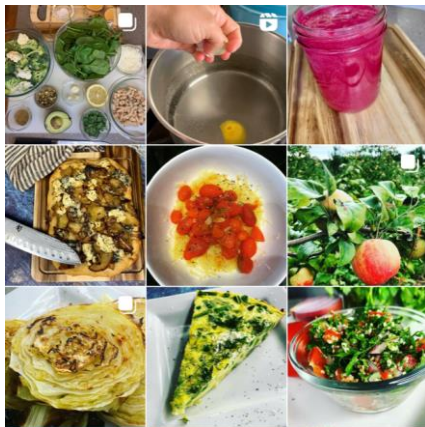
## Featured Categories



[View All Events](#)

[View December 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.

[Follow Us!](#)



### [Living the Healthy Life Podcast](#)

Listen to the latest on health and wellness from the experts at Lee Health. Learn more about our services and care options, and discover tips to reach your ideal state of health.

[Listen Now!](#)

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