



November Wellness Education Programs

November's 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!

From our continuing LPG Orthopedics Education Series to improving your lifestyle through nutrition education, cooking demos, health screenings, and cancer prevention and awareness, Lee Health has a program just for you!

Check out the programs and sign up today!

[Sign Up](#)



Your Mental Health After Hurricane Ian

Hurricane Ian had a devastating impact on our area. Join Dr. Paul Simeone as we take a look at the impact Hurricane Ian has had on our lives and the steps for moving forward while taking care of our mental health.

Monday, November 14, 12-1 p.m.

Virtual Event RSVP



Lunch & Learn: Diabetes and Your Feet

Over time, diabetes may cause nerve damage that affects the feet. Join podiatrist Dr. Lori DeBlasi to learn steps you can take to care for your feet.

Tuesday, November 15, 12-1 p.m.

In-Person Event RSVP



How Can I Minimize my Fall Risk with Parkinson's

Join us for the Partners in Care education event with Nathalie Grondin, PT, for those diagnosed with Parkinson's disease and their care partners.

Thursday, November 3, 10-11 a.m.

In-Person Event RSVP



Understanding and Living with Forgetfulness and Dementia

Understand what dementia is and why changes in thinking happen. Learn ideas and strategies for how to make living with forgetfulness easier - both for the person and for their loved ones.

Wednesday, November 9, 10-11 a.m.

Virtual Event RSVP



Sun, Skin Care and the Importance of Skin Exams

We will review why it is important to protect your skin, how to protect your skin, the ABCs of melanoma, types of skin cancer and skin cancer treatments, and what to do if your skin is already damaged.

Tuesday, November 22, 10-11 a.m.

[Virtual Event RSVP](#)

Diabetes Awareness Month

November is diabetes awareness month and we have some hot topics for you: Incorporating healthy and delicious carbs into your diet, understanding more about diabetes medications, and taking care of your feet. Join the experts to manage your diabetes and stay healthy!

[Sign Up](#)

Rehabilitation: Staying Strong

Learn from a Lee Health physical therapist on how to stay strong and healthy as you age. Our expert will share information and tips for living with challenges such as balance issues, Parkinson's Disease, and dementia.

[Sign Up](#)

Additional Locations!

These locations are open to all members of the community.

Babcock Ranch

[Click below to RSVP](#)

Phytonutrients for your Health

Cape Coral

[Click below to RSVP](#)

How Can I Minimize My Fall Risk with Parkinson's?

Living With Diabetes

Featured Categories



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