



February Wellness Education Programs

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](#)



Please join us for a
**Heart Health Fair
&
Education Event**

Friday, February 17
10 a.m. - 2 p.m.

Lee Health-Coconut Point
23450 Via Coconut Point, Estero, FL 33928

REGISTRATION:

Call 239.468.0050
Visit LeeHealth.org/events
or use the QR code



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Heart Health Fair & Education Event

Your heart is our priority! Join Lee Health & the American Heart Association at Lee Health Coconut Point as we offer education and resources for taking care of your heart. Registration is required for the classes.

[VIEW FLYER](#)

[RSVP](#)



Lunch and Learn: Cancer Prevention and Screening Guidelines

Enjoy your lunch with us and learn about cancer prevention and screening guidelines with Dr. Leandro Moraes, oncologist with the Lee Health Regional Cancer Center.

Friday, February 24, 12:00 - 1:00 PM

[RSVP](#)



Lunch & Learn: Preventing Foot & Ankle Pickleball Injuries

Pickleball injuries of the foot and ankle and how to prevent them. Join orthopedic surgeon Dr. Diana Young for lunch and info on staying in the game!

Monday, February 27, 12:00 - 1:00 PM

[RSVP](#)



Lifestyle & Nutrition Program Kickoff (4 week program)

Join our team for a private, small-group program with 4 weeks of lifestyle support and nutrition education. This program will teach you how to gradually learn to eat more whole foods while being at peace with your choices. We will guide you through becoming more mindful and intentional in your health choices.

Friday, February 3, 1:30 - 2:30 PM

Friday, February 10, 1:30 - 2:30 PM

Wednesday, February 15, 1:30 - 2:30 PM

Wednesday, February 22, 1:30 - 2:30 PM

[RSVP](#)



Caregiver College: Home Safety Tips

The Caregiver's College Series will be an informational class on safety tips for inside your home. Learn how to safeguard your loved ones and what to do in the case of an emergency.

Thursday, February 23, 10:00 - 11:00 AM

[RSVP](#)

Health & Wellness

Rehabilitation

Our Rehabilitation team is here to empower you and keep you strong! Join us in February for Balance Screenings or Parkinson's Disease education.

[RSVP](#)

[Field Trip: FGCU Food Forest](#)

Visit the FGCU Food Forest botanical gardens with our Farm to Feed program and create a beautiful flower bouquet just in time for Valentine's Day! This beautiful space highlights tropical and subtropical species that grow in south Florida.

[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

[Pain Explained](#)

[Plant-Based Milks and Non-Dairy Alternatives](#)

[Babcock Events](#)

Classes Offered at Cape Coral

Click the event name below to RSVP

[Friends & Family CPR](#)

[Parkinson's 101](#)

[Memory Screenings](#)

[Lunch & Learn: Women's Heart Health](#)

[Senior Blue Books University: The Importance of Baseline Screenings](#)

[Principles of Motor Learning & Neuroplasticity](#)

[Rehab Therapies for People with Parkinson's](#)

[Planning Ahead: Advanced Directives & End of Life Decisions](#)

[Cape Coral Events](#)

Classes Offered at Cypress Cove

Click the event name below to RSVP

[Friends & Family CPR](#)

[Carbohydrates & Your Heart](#)

[Get in Rhythm: A-fib Awareness](#)

[Fort Myers Events](#)

Featured Categories



Cooking
Demo



Mind & Body



Community
Partners

[View All Events](#)

[View February 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

March is National Sleep Month! Listen to this recent episode of the *Living the Healthy Life* podcast, with Dr. Jose Colon, from our sleep medicine team. You can listen via your favorite streaming channels like Spotify or itunes.

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