



June Wellness Education Programs

Join us at one of our four Lee Health locations or in a virtual program! There is something for everyone including 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](#)



Summer Safety

From heat to hurricanes, Lee Health has you covered. Join us for one of our summertime features including how to stay safe in the heat and sun and what to expect from hurricane season with WINK news.

[RSVP](#)



Stay Up to Date: Adult Cardiac Surgical Research

A brief overview of current research studies at Shipley Cardiothoracic Center, part of the Lee Health Heart Institute, and the types of research on the horizon.

Coconut Point: June 5, 1 - 2 p.m.
Cape Coral: June 26, 10 a.m. - 12 p.m.

[RSVP](#)



Let's Talk Fatty Liver Disease!

Join Dr. Khalid Alam, gastroenterologist at Lee Health, to dive deeper into fatty liver disease and how to distinguish between the two different types of fatty liver disease (NAFLD and NASH).

Wednesday, June 7, 2 - 3 p.m.

[RSVP](#)



Are You at Risk for Pancreatic or Bladder Cancer? What to Watch For

Learn about what puts people at risk for pancreatic and bladder cancer. Nurse navigators will present the prevention tools, screening guidelines, and symptoms of pancreatic and bladder cancer.

Wednesday, June 14, 1 - 2 p.m.

[RSVP](#)



Have You Heard About GERD (Gastroesophageal Reflux Disease)?

Join Dr. Alam, gastroenterologist at Lee Health, to learn about GERD- gastroesophageal reflux disease.

Wednesday, June 14, 2 - 3 p.m.

[RSVP](#)

Health & Wellness

Wellness

Let's take time to take care of ourselves. Learn how to let go of stress and learn healthier habits.

[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

[Summer Party Foods](#)

[Brain Boosters](#)

[Babcock Events](#)

Classes Offered at Cape Coral

Click the event name below to RSVP

[Have You Heard About Gerd \(Gastroesophageal Reflux Disease\)?](#)

[Personal Safety By Lee County Sheriff's Office](#)

[Breath-Work Workshop](#)

[Senior Blue Book: How to Know When it is Time to Move](#)

[Mobile Blood Drive](#)

[Fun in the Sun: Heat Stroke and Exhaustion Prevention](#)

[Stay Up to Date: Adult Cardiac Surgical Research](#)

[WINK 2023 Hurricane Season Preparedness](#)

[Lifestyle Health: Life's Summer Season](#)

[Cape Coral Events](#)

Classes Offered at Cypress Cove

Click the event name below to RSVP

[Brain, Mind and Body](#)

[Lifestyle Health: What Season of Life Am I In?](#)

[Growing Your Garden at Home: How to Spice Up Your Meals](#)

[Fort Myers Events](#)

Featured Categories



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