



## August 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](#)



### Virtual: Five Things You Should Ask Your Primary Care Provider

Do you ever walk into a doctor's visit and not know what to ask? Join us for an interactive virtual lecture with Dr. Juliana Odetunde, Primary Care Provider, within Lee Health to learn five important questions to ask your primary care provider at your next appointment

**Wednesday, August 23, 12 - 1 p.m.**

[RSVP](#)



## Lunch and Learn: Facts about Lung Cancer and Biomarker Testing

In United States, lung cancer is the second most common cancer and also the leading cause of death from cancer. This lecture will provide you facts about lung cancer, risk factors, biomarkers, signs and symptoms and screening for early detection. Lunch provided.

**Wednesday, August 16, 12 - 1 p.m.**

[RSVP](#)



## Asthma vs COPD: How to tell the Difference

Join us to learn about the difference between asthma and COPD. We will learn about the symptoms, diagnosis and treatment of both asthma and COPD management.

**Friday, August 25, 10-11 a.m.**

[RSVP](#)



## Safely Slimming Down: Unveiling the Truth About Weight Loss Medications

This presentation will shed light on the potential benefits and risks associated with weight loss medications, empowering you to make informed decisions about your health and well-being. You'll gain insights into how these medications work, their impact on the body, and the critical factors to consider before using them.

**Wednesday, August 30, 10 - 11 a.m.**

[RSVP](#)



## Beating Hypertension with Nutrition and Lifestyle Interventions

Join Registered Dietitian Kat Galeos for a class to discuss the latest research on hypertension and how to live an optimal lifestyle to prevent and/or treat hypertension.

**Wednesday, August 30, 12 - 1 p.m.**

[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**

[Mango Madness](#)

[Friends & Family CPR](#)

[Babcock Events](#)

## Classes Offered at Cape Coral

**Click the event name below to RSVP**

[Kicking the Sugar Habit](#)

[Senior Blue Book University: Collier & Lee Honor Flight](#)

[Lifestyle Health: Your Environmental Detox](#)

[Have You Heard? Lee Health Does Cardiac Surgical Research- Cutting Edge & Close](#)

[Healthy Happy Hour: Game Night](#)

[Yoga Nidra](#)

[Cape Coral Events](#)

## Classes Offered at Cypress Cove

**Click the event name below to RSVP**

[Lifestyle Health: Creating Healthy Boundaries](#)

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

[Fort Myers Events](#)

## Featured Categories



[View All Events](#)

[View August Event Calendar](#)

**\*\*Please note:** There will not be any outdoor Mind & Body classes for the month of August.\*\*

Stay Up to Date On What's New!



## Follow Our Teaching Kitchen on Instagram

Follow the Lee Health Teaching Kitchen Instagram page for regular posts by our registered dietitian.

[Follow Us!](#)



## Living the Healthy Life Podcast

Listen in on the latest episode of the Living the Healthy Life Podcast on making lasting changes and setting realistic goals. Listen from anywhere on any of your favorite streaming platforms.

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