



January Wellness Education Programs

Start your 2023 off right! Join us at one of our four Lee Health locations or in a virtual program! There is something for everyone, from classes on improving your lifestyle and nutrition education to cooking demos and health screenings to 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” by hopping on a stationary bicycle and pedaling to raise money to fund expansion of the Regional Cancer Center at the Bonita Health Center. Create a team with friends, family and co-workers and sweat for a good cause that also supports other health and wellness activities.

[RSVP](#)



How the Latest in Virtual Health and Telemedicine Benefits *You*

Explore how virtual health technology has evolved from home video visits with your doctor to in-home patient monitoring to a new model of care: remote patient monitoring. Dr. Zsolt Kulcar, Medical Director of Virtual Health, will discuss remote patient monitoring and how this exciting ground-breaking technology can help you take control of your health so you can stay healthier—all from the comfort of your home.

Tuesday, January 10, 2:00 - 3:00 PM

[RSVP](#)



Hearing Loss: Advances In Diagnosis & Treatment

What's New in Ears? Learn about the most accurate methods for diagnosing imbalance, hearing loss and tinnitus. Find out how recent advances in research and treatment may improve your quality of life. Participants will have an opportunity to inspect devices and hearing aids used in audiological treatment.

Tuesday, January 17, 10:00 - 11:00 AM

[RSVP](#)



Lunch & Learn: Deep Brain Stimulation Therapy for Movement Disorders

Join our newest Lee Health neurosurgeon, Dr. George Mandybur, for lunch and discussion of deep brain stimulation therapy for movement disorders. Learn more about this surgical procedure and if it is right for you.

Friday, January 13, 12:00 - 1:00 PM Cape Coral

Friday, January 20, 12:00 - 1:00 PM Coconut Point

[RSVP](#)



Lunch & Learn: Cervical Cancer Screening Information

In honor of national cervical cancer awareness month join us to learn about cervical cancer screening guidelines and risk factors of cervical cancer.

Monday, January 30, 12:00 - 1:00 PM

[RSVP](#)

Health & Wellness

Health Screenings

Join us for a memory or balance screening! A memory screening is a great way to check your baseline cognitive function. We will also be offering Balance screenings this month as well. Call us at 239-468-0050 to make an appointment!

[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

[Alzheimer's Association Brain Bus](#)

[Healthy Living For Your Brain and Body](#)

[Memory Screenings](#)

[Babcock Events](#)

Classes Offered at Cape Coral

Click the event name below to RSVP

[Nutrition for Parkinson's](#)

[Lunch & Learn: Deep Brain Stimulation Therapy for Movement Disorders](#)

[Seniors Blue Book University: Decluttering & Content Counseling](#)

[Taking Care of Your Heart](#)

[The Time is Now! Take Charge of Your Nutrition](#)

[Phytonutrients for Your Health](#)

[The Basics of Balance](#)

[Osteoarthritis: "Joint" Us for the Journey](#)

[Cape Coral Events](#)

Classes Offered at Cypress Cove

Click the event name below to RSVP

[Phytonutrients for Your Health](#)

[Cooking for Two](#)

[Taking Care of Your Heart](#)

[Fort Myers Events](#)

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