



September Wellness Education Programs

September is A-fib Awareness and Falls Prevention Awareness month. We are excited to partner with our experts here at Lee Health to dive into those topics, and many more. We are offering both virtual and in-person classes. Classes in Cape Coral will also be resuming this month. Please pay close attention to the location of the event where you are registering. We look forward to seeing you online or in-person this month!

[Sign Up](#)



LPG Orthopedics Series

Meet the LPG Orthopedics team! Throughout September and October we will highlight the orthopedic specialists at Lee Physician Group. Join us to learn more about new advancements in orthopedics.

[Virtual Event RSVP](#)



AFib Awareness Month

Learn more about AFib from our experts, including Dr. Paul DiGiorgi and Dr. David Cervantes, cardiothoracic surgeons with the Shipley Center. Topics will include general information, helpful lifestyle tips, and clinical solutions to help you live a better life.

[Virtual Event RSVP](#)



Classes in Cape Coral

Spread the word! Classes in Cape Coral are resuming this month.

[View Classes](#)



Falls Prevention & Balance Awareness Month

Falls prevention is a team effort and everyone has a role to play to reduce risk. Join audiologist Dr. Ann Rasmussen and physical therapist Nathalie Grondin in a team effort to prevent falls.

[Click here to view flyer](#)

[Virtual and In-Person Event RSVP](#)



Seniors Blue Book University: ABCs of Medicare

Join Marc Jacobs and our community partners from Seniors Blue Book for an informative presentation designed to help you better understand Medicare. A light boxed lunch will be provided after the presentation.

Monday, September 19, 10:30-11:30 am

[Click here to view flyer!](#)

[In-Person Event Sign Up](#)

Nutrition

Throughout September, Lee Health Registered Dietitians will share their expertise with our community. Both in-person and virtual options are available to choose from to learn healthy eating habits that will enhance your quality of life.

[Sign Up](#)

Acupuncture

Join Ashley Donato, Dipl. O.M., AP, at the Healthy Life Center - Coconut Point for a meet & greet and fascinating discussions.

[Click here to view the acupuncture services we offer at Healthy Life Center-Coconut Point.](#)

[Sign Up](#)

Additional Locations!

These locations are open to all members of the community.

Babcock Ranch

Click below to RSVP to our in-person classes.

Osteoarthritis: "Joint" Us for the Journey

Nutrition of the Mighty Mushroom

Cape Coral

Click below to RSVP to our in-person classes.

The Power of Plants

Healthy Living for Your Brain & Body

Balance, Dizziness, Vertigo Problems? How Therapy Can Help

Fort Myers at Cypress Cove

Click below to RSVP to our in-person classes.

Nutrition for Arthritis & Inflammation

Rethink Your Drink: Tea Party

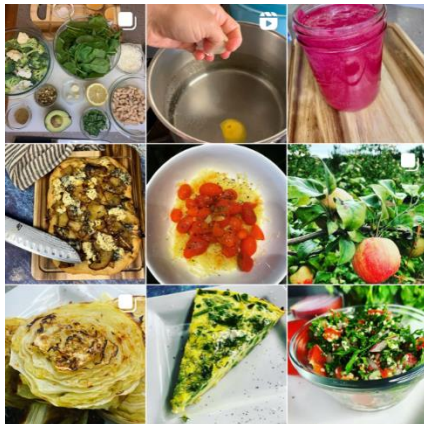
Featured Categories



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