



## March Wellness Education Programs

In March we are offering both virtual and in-person classes at Lee Health Coconut Point. Small group classes have resumed onsite with infection prevention guidelines. Additional classes will continue to be offered through WebEx Events via computer, desktop, or smartphone application. Instructions and codes to join the virtual class will be emailed to the registered participants prior

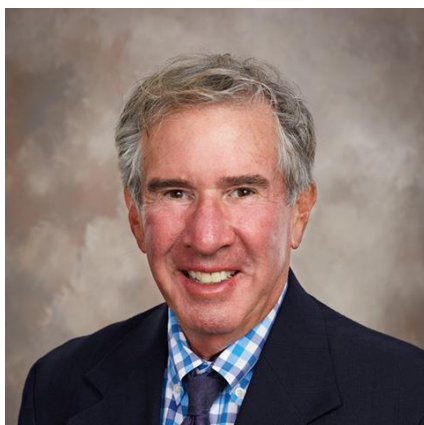


### Nutrition's Role in Kidney Health

Join registered dietitian Stacy Laffin for an informative presentation that will provide an overview of the role of the kidneys, the importance of kidney health, and risk factors for kidney disease, to help you keep your kidneys functioning properly. We will also present proper nutrition guidelines.

**Thursday, March 10, 1-2 p.m.**

[Virtual Event RSVP](#)



### The Aging Brain: Alzheimer's & Other Dementias

Join Lee Health neurologist Dr. Jon Brillman for Brain Awareness Week 2022. Dr. Brillman will share more on what is happening to the brain as we age, the symptoms of dementias, and healthy brain habits.

**Monday, March 14, 10-11 a.m.**

## [Virtual Event RSVP](#)



### Sports Injury Prevention

Healthcare professionals encourage physical activity and sports participation. Join physical therapist Karl Gilliam to learn more about preventing sports-related injuries and how our team of rehabilitation specialists can help you recover if you suffer an injury.

**Wednesday, March 16, 10-11 a.m.**

## [Virtual Event RSVP](#)



### Saving Lives: Early Detection of Colorectal Cancer

Early detection through prevention and screening is vital in saving lives. Join Dr. Janine Harewood as she shares statistics, risk factors, screening guidelines, and treatment options for colorectal cancer.

**Friday, March 25, 12-1 p.m.**

## [Virtual Event RSVP](#)



### Shortness of Breath after COVID-19

The feeling of shortness of breath may continue for a while after your illness. Join Teresa Summe, manager of Asthma & COPD Management, for this interesting topic.

**Monday, March 28, 10-11 a.m.**

## [Virtual Event RSVP](#)

## Lifestyle Health

The lifestyle health series includes thought-provoking topics of interest related to the holistic approach to health. These conversations aim to open your perspective on lifestyle with the goal to enhance your overall health.

[Sign Up](#)

## Preventative Screenings

The Healthy Life Center offers opportunities to participate in preventative health screenings to help you assess and reduce your risk for certain diseases or conditions. Join us for a blood pressure or balance screening available this month.

[Sign Up](#)

## Additional Locations!

### Classes offered at Babcock Ranch

Click below to RSVP to our in-person classes.

**Friends & Family CPR**

**How to Kick the Sugar Habit**

## Classes offered in Fort Myers at Cypress Cove

Click below to RSVP to our in-person classes.

**Smoothies 101**

**Women & Their Hearts**

**Nutrition for Cognitive Function**

**Thriving Throughout Your Life**

### Featured Categories



[View All Events](#)

[View March Calendar](#)

[View Coconut Point Yoga Calendar](#)



## 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!](#)

## Colorectal Cancer Awareness Month!

March is National Colorectal Cancer Awareness Month! The Lee Health Regional Cancer Center will be hosting a free outdoor event to raise awareness by promoting the importance of colorectal screenings to prevent colorectal cancer.

**Wednesday, March 2 and Thursday, March 3, 10 am - 2 pm**

[View Event Details](#)

[Leehealth.org](http://Leehealth.org)

[Locations](#)

[Locations](#)

