



October Wellness Education Programs

October's right around the corner, which means a new month of programs to inspire your best self! Join us at one of our four Lee Health locations or in a virtual program!

From our continuing LPG Orthopedics Education Series to improving your lifestyle through nutrition education, cooking demos, health screenings, and cancer prevention and awareness, Lee Health has a program just for you!

Check out the programs and sign up today!

[Sign Up](#)

Lee Health



Pedal for a Purpose

We invite you to make a difference and work up a sweat while supporting cancer care in SWFL! Spin with us as we raise funds to benefit the expansion of the Lee Health Regional Cancer Center and Wellness Funds!

[Click Link for Flyer](#)

[View Event Details Here](#)



LPG Orthopedics Series

Meet the LPG Orthopedics team! Our Orthopedics series continues as we highlight the orthopedic specialists at Lee Physician Group. Join us this month to learn more about carpal tunnel and total knee replacement.

[Virtual Event RSVP](#)



Raising Breast Cancer Awareness: What You Need to Know

About 1 in 8 U.S. women will develop invasive breast cancer during their life. Join Dr. Anamika Katoch to discuss a general overview of breast cancer, screenings, risk factors, and what happens at diagnosis and after.

Thursday, October 27, 11 a.m. - noon

[In-Person Event RSVP](#)



Lifestyle Health: Health Literacy Guidance

Learn how to read, interpret and take meaningful action on your health information. This engaging discussion will show you how to take control of the information that matters most: your health.

Wednesday, October 19, 12-1 p.m.

[Virtual Event RSVP](#)



Pink Heals Firetruck Visit: Survivor & Fighter Event

Join caring volunteers, local law enforcement, fire, and EMS personnel in a show of community support to those battling illness. Bring your hope and love!

Thursday, October 13, 10 a.m. - 2 p.m.

[In-Person Event Sign Up](#)

Health Screenings

Call and register for a personalized medication and supplement review with the Lee Health Pharmacy or register for a skin cancer screening.

[Sign Up](#)

Staying Strong!

Join our Lee Health rehabilitation experts and learn how to stay fit, strong and injury free as you age.

[Sign Up](#)

Additional Locations!

These locations are open to all members of the community.

Babcock Ranch

Click below to RSVP

Make & Take: Essential Oil Hand Soap

Friends & Family CPR

Cape Coral

Click below to RSVP

Too Fit to Fracture: Part One

Allergies, Asthmas & Airways

Too Fit to Fracture: Part Two

Fort Myers at Cypress Cove

Click below to RSVP

Living with Diabetes

Make & Take: Essential Oil Hand Soap

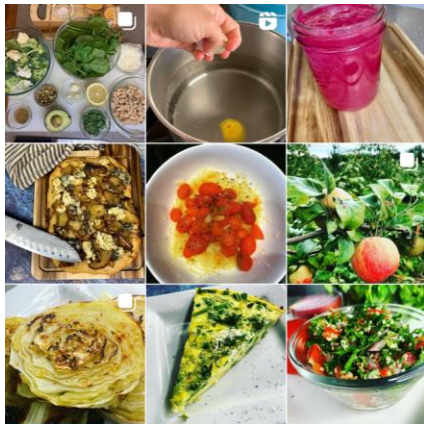
Featured Categories



[View All Events](#)

[View October Event Calendar](#)

Stay Up To Date On What's New!



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!](#)



[Living the Healthy Life Podcast](#)

Listen to the latest on health and wellness from the experts at Lee Health. Learn more about our services and care options, and discover tips to reach your ideal state of health.

[Listen Now!](#)

Leehealth.org

[Locations](#)

[Services](#)

