



August Wellness Education Programs

August is a big month at Lee Health Coconut Point: We are offering both virtual and in-person classes. We will also have in-person classes at multiple locations. Please pay close attention to the location of the event you are registering for. Many programs are still virtual only and take place through WebEx on your computer, desktop, or smartphone. Thank you!

[Sign Up](#)

August Events



Importance of Cancer Screening Guidelines in a Healthy Population

Early diagnosis is vital in making cancer more treatable and curable. Join Dr. Monika Araya to discuss the importance of routine cancer screenings, age recommendations for first screenings, and helpful guidance for multiple cancers.

Tuesday, August 16, 2-3 p.m.

[Virtual Event RSVP](#)



Asthma vs COPD: How to Tell the Difference

Asthma and COPD are both obstructive pulmonary diseases that have different and sometimes overlapping treatment plans. Participants will learn about each disease and how to differentiate between them.

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

[Virtual Event RSVP](#)



Expectations for Surgery & Rehab

Orthopedic surgery includes many complex processes that can leave a patient's head spinning about the procedure. Our expert will discuss some common orthopedic surgeries as well as offer basic information about post-surgery rehab programs, their timelines, and what to expect during your recovery.

Wednesday, August 17, 10-11 a.m.

[Virtual Event RSVP](#)



Lifestyle Health: Happiness Happens

Join us in our lifestyle health series where we will engage in thought-provoking discussion about the benefits of happiness. This conversation aims to help you find the right approach to finding your happiness and enhancing your overall health.

Wednesday, August 17, 12-1 p.m.

[Virtual Event RSVP](#)



It's All About You: Chronic Disease Self-Management Program

Join us for a complimentary workshop designed to provide you with the tools necessary to self-manage any chronic health condition. If you or a loved one, suffers from any chronic health condition including, but not limited to, arthritis, cancer, heart disease and depression, consider participating in this valuable workshop.

**Tuesdays, August 16 - September 20
9:30 a.m.-12 p.m (6-Week Series)**

[Click here to view flyer](#)

[In-Person Event RSVP](#)



Guided Meditation

You asked and it's back! Join us for a guided meditation that will set the tone for your entire day and help you to be focused, content, and optimistic.

Thursday, August 25, 12-12:30 p.m.

[Virtual Event RSVP](#)

Nutrition

In August we are hosting numerous Registered Dietitians from Lee Health to share their expertise with you. There are both in-person and virtual options to choose from to learn some healthy eating habits to add to your day.

[Sign Up](#)

Acupuncture Services Resume!

We are pleased to share that Acupuncture treatments are resuming at Lee Health Coconut Point in Estero. Please call the team at 239-468-0050 to schedule an appointment.

[Click here to view flyer](#)

Additional Locations!

These locations are open to all members of the community.

Babcock Ranch Classes

Click below to RSVP to our in-person classes.

Beat the Heat with Hydration

The Power of Gratitude

Fort Myers at Cypress Cove Classes

Click below to RSVP to our in-person classes.

Friends & Family CPR

The Power of Plants

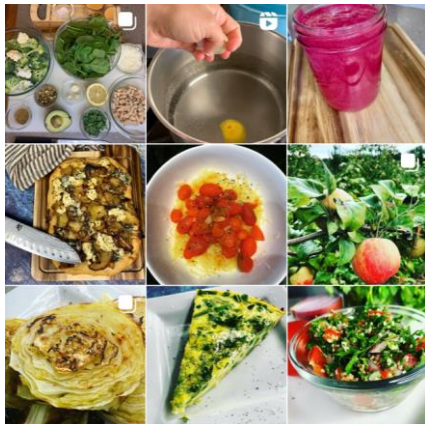
Featured Categories



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