



May Wellness Education Programs

Join us at one of our four Lee Health locations or in a virtual program! There is something for everyone including classes on improving your lifestyle through nutrition education, cooking demos, health screenings and staying active.

Lee Health has a program just for you!
Check out the programs and sign up today!

[Sign Up](#)



Mind & Body Wellness Retreat

In this unique offering, our highly trained teachers will guide you through their specialties. Immerse yourself in a peaceful, purpose-driven day including yoga, sound healing, stretch, strength and a cooking demo to learn about healthy food. Build your wellness community by meeting like-minded individuals and enjoy small group discussion to reflect on the day. This day of rejuvenation will also help you learn more about the Healthy Life Center's Mind & Body Program.

Saturday, May 20, 8 a.m. - 2:30 p.m.

[View Flyer](#)

[RSVP](#)



The Importance of Baseline Eye Exams

Join Optometrist Dr. Nathan Ettan from Snead Eye Group to learn about the importance of having baseline eye exams. There will be a Q&A after the presentation.

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

[RSVP](#)



Colon Cancer Prevention, Screening and Guidelines

Don't wait until it's too late! Get your colon cancer screening up to date. Dr. Cherpack with Lee Health Gastroenterology will discuss prevention and screening guidelines at our Cape Coral location.

Thursday, May 11, 2 - 3 p.m.

[RSVP](#)

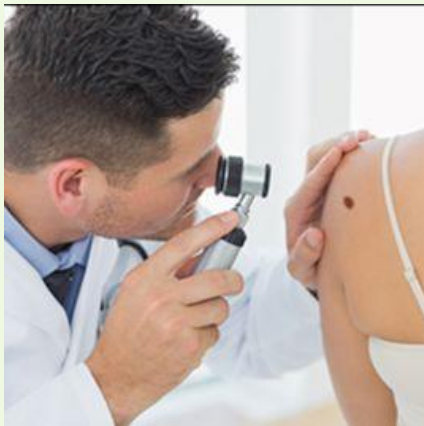


Strokes and A-Fib

Did you know one of the leading causes of A-Fib is stroke? Join Catherine Murtagh-Schauffer, physician assistant at the Shipley Cardiothoracic Center, to learn more about A-Fib and strokes.

Friday, May 12, 1 - 2 p.m.

[RSVP](#)



Let's Be Clear- Melanoma Exams Save Lives

Learn about the different types of skin cancer and how to protect your skin with dermatologist Dr. Barnett.

Friday, May 26, 10 - 11 a.m.

[RSVP](#)



National Senior Health & Fitness Day

Join us at three locations as we celebrate National Senior Health & Fitness Day! Stop by to say hello, ask questions and gather resources at Lee Health Coconut Point, Cape Coral and Babcock Ranch.

Wednesday, May 31, 9 a.m. - 3 p.m.

[RSVP](#)

Health & Wellness

Screenings

Join us in May for Balance and Skin Cancer Screenings.

[RSVP](#)

Wellness

Let's take time to take care of ourselves. Learn how to let go of stress and learn healthier habits.

[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

[Healthy Happy Hour: Cheers to Health & Happiness](#)

[Debunking Common Exercise Myths](#)

[National Senior Health & Fitness Day](#)

Babcock Events

Classes Offered at Cape Coral

Click the event name below to RSVP

[Managing Arthritis, Brightening Lives](#)

[Colon Cancer Prevention, Screening and Guidelines](#)

[Senior Blue Book University: Medicare & Medicaid 101](#)

[Debunking Common Exercise Myths](#)

[Lifestyle Health: Do Not Fret - De-Stress](#)

[Your Amazing Brain](#)

[Allergies, Asthma & Airways](#)

[National Senior Health & Fitness Day](#)

Cape Coral Events

Classes Offered at Cypress Cove

Click the event name below to RSVP

[Breath-Work Workshop](#)

[Lifestyle Health: Stress is a Mess](#)

[Fort Myers Events](#)

Featured Categories



Cooking
Demo



Mind & Body

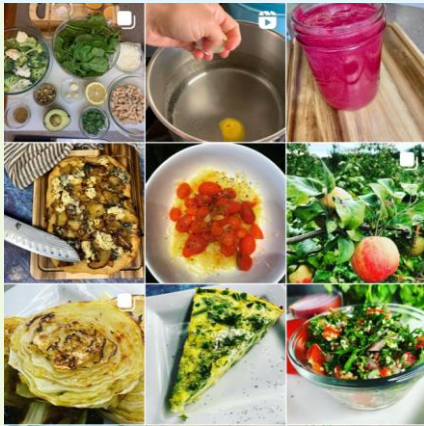


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Partners

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