

MEDICAL NEWS

Alzheimer's Caregivers support meetings for March

The Alzheimer's Caregivers Support Group meetings include an opportunity for caregivers to meet others who are facing similar challenges and to learn more about Alzheimer's disease and effective coping strategies. The meetings often feature a guest speaker as well as an informal time for sharing.

FORT MYERS

Tuesday, March 11 at 2 p.m.
Senior Friendship Centers
3600 Evans Ave (Carroll Corners) • 437-3007

Wednesday, March 12 at 9:45 a.m.
Westminster Presbyterian Church
9065 Ligon Court • 437-3007

Wednesday, March 26 at 9:45 a.m.
Westminster Presbyterian Church
9065 Ligon Court • 437-3007
"Making Good Decisions About Long-Term Care Placement"
Speakers: Emily Reese, Geriatric Care Manager & Lois Kyes, MSW

Wednesday, March 19 at 10 a.m.
Ft. Myers Congregational Church
8210 College Parkway • 437-3007

NORTH FORT MYERS

Thursday, March 27 at 2 p.m.
Pine Lakes Country Club
10200 Pine Lakes Blvd. • 437-3007
3.5 miles north of Shell Factory on U.S. 41

CAPE CORAL

Thursday, March 6 at 2 p.m.
Gulf Coast Village
1333 Santa Barbara Blvd. • 437-3007

Thursday, March 20 at 2 p.m.
Gulf Coast Village
1333 Santa Barbara Blvd. • 437-3007
"Making Good Decisions About Long-Term Care Placement"
Speakers: Emily Reese, Geriatric Care Manager & Lois Kyes, MSW

LEHIGH ACRES

Monday, March 17 at 12:30 p.m.
The Community Health Association
Building, 9 Beth Stacey Road • 437-3007

BONITA SPRINGS

Monday, March 24 at 10:30 a.m.
Hope Lutheran Church
25999 Old 41 • 437-3007

EAST FORT MYERS/ALVA

Thursday, March 13 at 1 p.m.
St. Vincent de Paul Catholic Community
13031 Palm Beach Blvd • 437-3007

PINE ISLAND

Thursday, March 6 at 10:30 a.m.
Pine Island United Methodist
5701 Pine Island Rd., Bokeelia • 437-3007 ■

Outpatient diabetes self-management classes offered

After many successful years at Cape Coral Hospital, HealthPark Medical Center, and Lee Memorial Hospital, Lee Health Solutions is now offering its comprehensive outpatient diabetes education classes at Southwest Florida Regional Medical Center. The monthly sessions provide 12 hours of instruction over a 3-day period and are taught by registered nurses and dietitians, who are also Certified Diabetes Educators. They cover everything someone with diabetes needs to know, from nutrition and medications to complications from the disease.

"Diabetes self-management education will benefit anyone with diabetes," said Rowe Hudson, Program Manager for Lee Health Solutions. "Even someone who has lived with diabetes for years will learn something new."

In addition to the new classes offered at Southwest Florida Regional Medical Center, programs continue to be offered at Cape Coral Hospital, HealthPark Medical Center and Lee Memorial Hospital. Physician referral to the class is required. For more information, please call Lee Health Solutions at (239) 573-5727. ■

Alzheimer's support group meets

A support group specifically for adults who have a parent with Alzheimer's disease or a related disorder will meet on March 4 from 6:15 p.m. to 7:15 p.m. at the Dubin Alzheimer's Resource Center, 10051 McGregor Blvd. Ste. 101. The meeting is sponsored by the Dubin Alzheimer's Resource Center.

The focus of this support group meeting is issues, concerns, and questions adult children face as they provide care to a parent with memory loss or strive to learn more about Alzheimer's disease. The group is open to all interested individuals at no charge.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way agency, provides informational, educational, and supportive assistance to individuals with Alzheimer's disease and related disorders and their caregivers in Lee County. For more info, the Dubin Alzheimer's Resource Center can be contacted at (239) 437-3007. ■

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TRIUMPH DEMO DAYS

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9AM-5PM

Sunday, Feb 24th
10AM-4PM

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