

HEALTH NEWS

LMHS Health Fair helps all employees

The employees and volunteers at Lee Memorial Health System are enjoying tunes from the '60s and '70s as they receive information about their employment benefits and experience a variety of health screenings.

Employees at the Santa Barbara Building on Del Prado in Cape Coral, the Cape Coral Hospital, and HealthPark Medical Center have participated in their health fairs already but there is

one more to go.

On June 26, employees and volunteers will be visiting the health fair at Gulf Coast Medical Center from 9 a.m. until 3 p.m. LMHS is having a health fair—not a job fair—for employees and volunteers, because LMHS is dedicated to retaining and developing talented people. LMHS has almost 9,000 employees who work in areas ranging from nurses to nutritionists and nearly 3,000 volunteers. ■

Healthy Brain Initiative gives brains a workout

Lee Memorial Health System's Older Adult Services is hosting a Memory Camp. A part of the Healthy Brain Initiative, a national program that encourages communities to build partnerships to build cognitive function, the Memory Camp could help you remember everyday things like why you walked into the grocery store, pick up the dry cleaning and pay that bill on time.

The Memory Camp is open to ages 40 and older and is not a course for those who have been diagnosed with memory

loss or signs of memory loss. There is a \$10 fee for this program due at the first class.

Memory Camp will be held at:

- Calusa Harbour - Sunrise Senior Living, 2525 East First Street, Fort Myers at 9:30 and 11:30 a.m. July 13, 20 and 27 and Aug. 4 and 11 (lunch to follow each class).
- Alliance Financial Group, 14021 Metropolis Ave., Fort Myers, 4-6 p.m. Aug. 5, 12, 19 and 26 and Sept. 2.

For more information, call Pam Pence at 454-1277. ■

Family Fun Safety Event set for June 27

The Children's Hospital of Southwest Florida will be providing free car seat safety inspections at Volkswagen of Fort Myers, in connection with its Family Fun Safety Event, from 9 a.m. to noon Saturday, June 27. The dealership is at 14060 South Tamiami Trail.

Car seats will be available at a reduced price if your car seat is part of a recall, outdated or not the appropriate car seat for the child. In addition to car seat safety inspections, the event will have face painting, refreshments, fingerprinting and a special appearance by the fire department. ■

Regional Cancer Center offers classes

The Regional Cancer Center is offering a number of support classes, massage sessions and workshops for community members. Reservations are required for classes and can be made by calling 343-9500. The center is located at



COURTESY PHOTO
Regional Cancer Center

►Body, Mind & Soul Support Classes

•**Labyrinth, Meditation, and Mandala Class**, Fridays from noon-1 p.m. This offers time for reflection, allowing healing to occur in hearts, minds and bodies. First class is free; \$5 per class thereafter.

•**Yoga**, Mondays and Fridays from 10-11 a.m. and Thursdays from 5:15-6:15 p.m. First class is free; \$5 per class thereafter.

•**Creative Journaling for Female Cancer Patients**, first and third Wednesdays of each month from 5-6 p.m. No experience needed—only an open mind. There is no fee.

►Massage

Tess Oakes, licensed therapist, offers mas-

sages for the patient, primary caregiver, staff and public. Call 343-9500 for appointment and fees.

►Workshops

Reservations required for workshops can be made by calling 335-7595. There must be a minimum attendance of five people in order for a workshop to be held.

•**Breast Cancer 101**, first Tuesday of each month from 3:30-5 p.m. This presentation includes the different types of surgeries treatment options and survivorship issues.

•**Cancer Symptom Management 101**, fourth Tuesday of each month from 2-4 p.m.

•**Colorectal Cancer 101**, third Tuesday of each month from 11:30 a.m. - 2 p.m.

•**Genetics Cancer 101**, first Tuesday of each month from 1-2 p.m.

•**Lymphedema 101**, second Tuesday of each month from 3-4:30p.m.

•**Oncology Pharmacy 101**, third Thursday of each month from 3-4 p.m.

For more information, contact Marie Hepp, oncology outreach education coordinator, at 343-9511 or e-mail at marie.hepp@leememorial.org. ■

Swim champ teaching kids in swim

Former Colombian national swim champion Chiqui Zabala is teaching swimming at The Wellness Center of Cape Coral. Swimming lessons take place from 5 to 7:30 p.m. Mondays and Wednesdays and all morning on Saturdays.

The June swimming lesson session has

just begun and a new swim session will begin on July 20.

For more information about swimming classes, call 573-4507 or visit the Wellness Center in Cape Coral, a part of the Lee Memorial Health System located behind Cape Coral Hospital. ■

Independence Day Holiday Schedule:

With the 4th of July falling on a Saturday all residential garbage, recycling, and yard waste collections are performed on the regularly scheduled collection day.

The Lee County Waste To Energy Facility and the Lee/Hendry Landfill are closed on Saturday, July 4th.

The Household Chemical Waste Drop Off Facility on Topaz Court will be closed from Friday, July 3rd, through Sunday, July 5th. Regular schedule resumes on Monday the 6th. Make up day for the holiday is Saturday July 11th from 8 am to Noon.

Lee County offices are closed on Friday, July 3rd.

Lee County, Solid Waste Division
(239) 533-8000 • www.leegov.com/solidwaste

