

Join in the SHARE Club Fun

JANUARY 2010 EVENTS

Reservations for all SHARE Club programs are required, please call 239-772-6765.

SHARE Club Luncheon

Topic: Sleep Disorders
Jan. 12, 11 a.m.
Gulf Coast Medical Center
Presented by Javaad Khan, M.D.

Skin Cancer Screenings

Jan. 15, 9 a.m. to 11 a.m.
HealthPark Medical Center
Provided by Harris Dermatology

Dizziness and Hearing

Jan. 22, 10 a.m.
HealthPark Medical Center
Presented by Dr. Drianis Duran, Audiologist

Muscles: They're not just for Athletes

Jan. 26, 11 a.m.
Cape Coral Hospital Auxiliary Conference Room
Presented by Neal Trottier, MSPT, Physical Therapist

Concert at Lakes Park

BBQ, Music and Fun
Feb. 4, 11:30 a.m.
Bring your lawn chair.
Come early and walk around Lakes Park and then join us for a SHARE Club celebration.
Cost : \$5.00 for All SHARE Club Advantage and Plus Members, \$10.00 for guests.

**LEE MEMORIAL
HEALTH SYSTEM**



SHARE Club is a senior membership program that is for anyone over the age of 50. For just \$10 a year, you are provided with numerous activities and programs such as health education, screenings, social activities, computer classes and exercise classes including Tai Chi. This membership also allows you a 20% discount in any of our four hospital gift shops and cafeterias.

For more information or to join our membership program please call 239-772-6765 or visit our website at www.LeeMemorial.org/shareclub

Memory Spas Offer a Workout for the Brain

More than 1,000 residents in Southwest Florida have gotten their memories in shape with Lee Memorial Health System's Healthy Brain Initiative, a community-wide effort to encourage older adults to keep their brains active and healthy. Memory classes are based on a five-week program by the UCLA Center for Aging.

The Healthy Brain Initiative is offering three-month "Memory Spas" at the LMHS Wellness Centers. Participants will follow individualized computer programs to improve memory function. Which enables the participants to compete against themselves using math, foreign languages and other subjects.

For more information about the Healthy Brain Initiative, or to find out about class times and locations or sign up online, visit www.HealthyBrainFL.org or call **239-772-6765**.

