Community Outreach Programs

Asthma Management Program
During this 6-month program, patients will be seen monthly by a certified asthma educator. They will provide pediatric and adult asthma patients, along with their families, the tools necessary to self-manage and control their asthma. A physician referral is required.

Call 239-343-0765

Cardiac Rehabilitation
Cardiac Rehabilitation is designed specifically for patients who have had recent heart problems, including stable angina, angioplasty/stent or heart attack within the past year, heart surgery and stable chronic heart failure. Our comprehensive services include exercise, risk factor education, lifestyle modification and support.

Call Cape Coral Hospital at 239-424-2396 or HealthPark Medical Plaza One at 239-343-5720

Care Transitions Intervention
Care Transitions Interventions (CTI) is a free service which provides patients the tools and support that promote knowledge and self-management of their chronic conditions. We currently serve Medicare patients recently hospitalized for congestive heart failure (CHF), acute myocardial infarction (AMI), chronic obstructive pulmonary disease (COPD) or pneumonia.

Call 239-343-1144

Child Advocacy Program
Child Advocacy provides education to families and the community related to unintentional injuries, infant care, CPR and first aid, and babysitting. Child Advocacy also provides free car seat safety inspections.

Call 239-343-5101

COPD Management Program
During this 6-month program, patients meet monthly with a chronic obstructive pulmonary disease (COPD) educator who teaches them and their families the tools necessary to self-manage their COPD, understand their symptoms and work to improve their daily activities. A physician referral is required.

Call 239-343-7212

Flavor Harvest@HOME
Flavor Harvest@HOME is a therapeutic home meal replacement program providing nutritious meals to patients discharged from one of the Lee Memorial Health System facilities who are at risk for malnourishment.

Call 239-343-8920 or email FlavorHarvest@LeeMemorial.org

G.A.T.E. Gang Awareness Training Education, Grades K-12
The G.A.T.E. program teaches lessons on gang recognition, alternatives to gangs, anger management, bullying, leadership, tolerance, victimization, drug use and abuse, firearms safety and much more.

Call 239-343-3797
Home Health Telehealth Program
We can monitor and manage your health care safely and easily. Using state-of-the-art equipment in the comfort of your home, your vital signs are transmitted to nurses who provide the means to monitor your health between your caregiver’s visits to your home.
Call 239-225-7700

House Calls
Advanced Registered Nurse Practitioners (ARNPs) provide medical care to home limited patients in Lee County. ARNPs are the primary care providers, in collaboration with a physician. House Calls provides in-home medical evaluation and treatment using available community resources. Patients must meet certain criteria to be considered home limited. Home visits are covered by most insurance if there is a demonstrated need or home limiting condition.
Call 239-343-9219

It’s All About You, Chronic Disease Self-Management Program
This is a free, research-based, 6-week workshop that provides the tools necessary to manage any chronic health condition. The program has a proven track record to decrease emergency department visits and hospitalizations; and is available for anyone with a chronic health condition or those who have a loved one with a chronic health condition.
Call 239-424-3122

KidCare/Medicaid Application Assistance Department
This program assists children and families through the application/renewal eligibility process to obtain Florida KidCare/Medicaid, which covers children ages birth to age 18 throughout the state for routine physician visits and immunizations, as well as prescriptions, emergencies and hospitalization.
Call 239-343-5821

Lee Center for Weight Management
This is an individualized, 14-week weight loss program facilitated by registered dietitians with expertise in weight management. The program is offered at all hospital locations and no contract is required. Body analysis is included using the Tanita Body Analyzer.
Call 239-424-3120

Lee Community Healthcare, Inc.
We offer access to primary care services to Lee County residents with the greatest needs. There are three locations serving Cape Coral, North Fort Myers and Dunbar. Eligibility is determined by household income. A sliding fee schedule is available to help bridge the gaps to health care access.
Call 239-652-4111

Lee Diabetes Care
This 10-hour comprehensive education program teaches individuals with diabetes the tools necessary to manage this condition. Class participants receive frequent follow-up by a diabetes educator after the class. A physician referral is required; and the classes are a covered benefit of Medicare and most commercial insurances. Pregnancy and Diabetes classes also are available.
Call 239-424-3127

Lee Physician Group Family Medicine Residency Program
We specialize in treating patients through all stages of life, from birth through geriatric care. Through the Family Medicine Residency Program, we educate new doctors to care for the physical, spiritual and emotional needs of patients, families and our community.
Call 239-343-3831
Lee Physician Group Memory Care
Working together with a patient’s primary care physician, our Memory Care program ensures proper diagnosis and provides evaluations, treatment and family counseling. Our team also provides patients and their caregivers appropriate community resources and assists in aligning services specific to their needs.
Call 239-343-9220

Lifeline
When you experience a fall, medical issue or other emergency, every second counts. With Lifeline Medical Alert Service, you get fast, easy access to help 24 hours a day, 365 days a year.
Call 239-225-7700

Parish Nurse Program
The Parish Nurse Program consists of registered nurses who work within a faith community for health promotion, health education, advocacy and care of the mind, body and spirit.
Call 239-343-5182

Powerful Tools for Caregivers
A nationally recognized, self-care education program for family caregivers that provides tools and strategies to better handle the unique challenges you face as a caregiver.
Call 239-343-9224

Pulmonary Rehabilitation
This program teaches people with lung disease how to manage their condition and achieve the highest level of health possible, through our education and exercise curriculum.
Call Lee Memorial Hospital at 239-343-3520 or Cape Coral Hospital at 239-424-2161

Senior Care Choices
Senior Care Choices enables seniors to remain independent and in their own home while providing peace of mind to adult children who live throughout the country. We develop individualized care plans that promote independence and autonomy.
Call 239-225-7700

SHARE Club
SHARE Club is all about keeping seniors (50 years and up) active and engaged in activities and programs that support their mission to lead healthy and active lifestyles. We have educational lectures, luncheons, social programs, and much more.
Call 239-424-3765

Sleep Disorders Centers
Our Sleep Disorder Centers provide a number of services, including:
- Sleep diagnostics
- Therapeutic interventions
- CPAP clinic
- PAP desensitization sessions
- Community outreach programs/speakers
Call 239-343-0764

Sports Injury Prevention, Grades K-12, adults
This Trauma Center Injury Prevention Program addresses sports injuries with coaches, athletes and parents, including concussions, hydration, overuse injuries, hyperthermia, return to play policies and more.
Call 239-343-3797 or 239-343-3672
**StepWiseLee**

Lee County leads the state in fall-related deaths. A community-wide initiative, StepWiseLee helps seniors, their friends and families prevent falls and fall-related deaths.

Call 239-343-3797 or 239-343-3672

**Trauma Nurses Talk Tough, Grades 9-12**

Developed by trauma nurses in an effort to prevent senseless deaths, this program is all about prevention. No matter how skilled we are at trauma care, preventable injuries still are a leading killer of people younger than age 44.

Call 239-343-3797

**Young Driver Program, Ages 15-21**

We joined the Florida Highway Patrol, Lee County Sheriff’s Department and AAA to host a program to educate young drivers on the different legal issues involved with driving, how to stay focused on driving and the responsibilities that go along with the driving privilege. This is not a substitute to driver’s education.

Call 239-343-3797

**Stroke Support Groups**

**Cape Coral Hospital Aphasia Group**

This group offers a chance to meet other people with aphasia; and it answers questions and provides professional guidance about aphasia in a supportive environment. This group meets 9:30-10:30 a.m., every Tuesday.

Call 239-424-3572

**Cape Coral Hospital Stroke Club**

Attend this group and meet other stroke survivors; and share feelings, experiences and coping strategies with others. This group meets 10:30-11:30 a.m., every Tuesday.

Call 239-424-2317

**Lee Memorial Hospital Stroke Support Group**

This group offers education, support, encouragement, advice, new potentials and possibilities for patients and their loved ones after a stroke. This group meets 4:30-5:30 p.m., first and third Monday of each month.

Call 239-343-3493