

September Calendar Of Health



Mark Your Calendar

Sept. 3

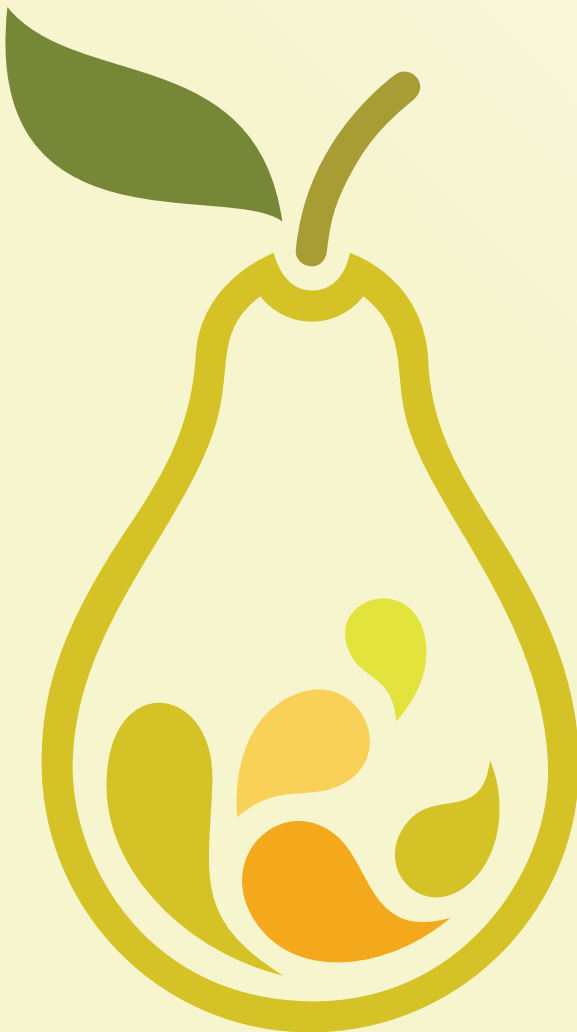
NCH welcomes our new President & CEO, Paul Hiltz.

Save the Date:

NCH Hospital Ball - Nov. 9, 6pm

Ritz-Carlton, Naples

For tickets, please visit NCHmd.org/HospitalBall or call 239-624-2019.



FREE Seminars

Why Care About Blood Pressure?

Sept. 18, 2pm Naples Regional Branch Library
Call 252-5135 to reserve your seat.

Get Your Back on Track

Sept. 23, 2pm Headquarters Library
Call 593-0334 to reserve your seat.

Knee Pain: Non-Surgical Options

Sept. 26, 2pm South Regional Branch Library
Call 252-7542 to reserve your seat.

Wellness Special

Complimentary Yoga Classes

Sept. 15 - 21

Visit www.nchmd.org/wellness for class schedule or call: Whitaker Wellness: (239) 624-6870
Briggs Wellness: (239) 624-2750

Support Groups

Amputee Support Program: Second Thursday of the month, 3-4pm, Brookdale Center for Healthy Aging & Rehabilitation, Day Room, 624-5722.

Arthritis Foundation - Live Yes! Support Group:

Fourth Monday of the month, 6-7pm, Telford Building, 954-588-7145.

Bosom Buddies Breast Cancer Support:

Second and last Wednesdays of the month, 7pm, Telford Building, 417-4600.

Caregiver: Advocacy, Resources, Education Society (C:ARES):

Thursdays, 1pm, Brookdale Center for Healthy Aging & Rehabilitation, Conf. room A, 624-1587.

Donate Blood!

Stop by our center in Naples or visit us on the bloodmobile at a location convenient to you. Call 624-4120 for more information.

Sept. 5, 9am-noon

Marco Island Urgent Care Center
40 Heathwood Dr., Marco Island

Sept. 7, noon-5pm

Regal Coconut Point Stadium 16
8021 Cinemas Way, Estero
Free movie ticket with successful donation.

Sept. 9, 9am-1pm

Bloodmobile - Sunshine Plaza (near Skilllets)
9170 Bonita Beach Rd., Bonita Springs

Sept. 1, 27-29, 11am-5pm

Sembler Plaza - Corner Airport Rd. & Naples Blvd., Naples. Free movie ticket with successful donation.

Referrals & Information

For physician referrals and information on the services of the NCH Healthcare System call Access Healthline at **624-1999** or visit us online at NCHmd.org.

NCH Virtual Care

www.NCHmd.org/VirtualCare

Consult with a healthcare provider
24/7
from
Anywhere
in Florida
for only
\$45