

# April Calendar Of Health



## Joint Inflammation & Pain

April 17 • 3pm

Presented by Scott Thompson, MD

Trianon Bonita Bay Hotel

3401 Bay Commons Drive, Bonita Springs

Call 624-3987 to reserve your seat

## FREE Seminars

### The Secrets to Living Longer

April 2, 2pm East Naples Branch Library

Call 775-5592 to reserve your seat.

### Is It Time for Hip/Knee Replacement?

April 10, 2pm Naples Regional Branch Library

Call 252-5135 to reserve your seat.

### Repairing a Painful Rotator Cuff: Is it Possible?

April 25, 2pm South Regional Branch Library

Call 252-7542 to reserve your seat.

## Wellness Center Specials

### Complimentary Workout at the Wellness Centers

Saturday, April 20. Take part in our Wellness Easter Egg hunt for fun prizes!

### Complimentary Mossa™ Group Fitness Class Launches for Non-members

Visit [nchmd.org/wellness](http://nchmd.org/wellness) for a list of Launch classes and times! Free to non-members thru April 30.

## Support Groups

### Spasmodic Dysphonia Support Group:

Third Sunday of the month, 2pm, Brookdale Center, Conf. Room B, 941-928-8146.

**SPOHNC** (support group for people with oral, head and neck cancer): First Wednesday of the month, 3-4:30pm, Briggs Rehab Conference Room 2, 624-1600.

### Stroke Club & Aphasia Support Group:

Second Tuesday of the month, 2-3:30pm, Brookdale Center for Healthy Aging & Rehabilitation Day Room 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.

### April 4, 8:30am-2pm

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

### April 8, 9am-3pm

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

### April 13, noon-5pm

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

### April 26-28, 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 [www.NCHmd.org](http://www.NCHmd.org).

## NCH Virtual Care

[www.NCHmd.org/VirtualCare](http://www.NCHmd.org/VirtualCare)

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

