

# February Calendar Of Health



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

Feb. 21 • 3pm

Presented by Leon Mead, MD

Trianon Bonita Bay Hotel

3401 Bay Commons Drive, Bonita Springs

Call 624-3985 to reserve your seat

Now Open



NCH Healthcare  
Bonita

24/7 Emergency Department

Two blocks south of Coconut Point Mall on US 41

## FREE Seminars

### Signs and Symptoms of Stroke

Feb. 5, 2pm East Naples Branch Library  
Call 775-5592 to reserve your seat.

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

Feb. 11, 2pm Estates Branch Library  
Call 455-8088 to reserve your seat.

### Oh! My Aching Hip!

Feb. 13, 2pm Naples Regional Branch Library  
Call 252-5135 to reserve your seat.

### What's in your Vitamin Supplements?

Feb. 19, 2pm Marco Branch Library  
Call 394-3272 to reserve your seat.

### Addiction: The Mind/Body Connection

Feb. 25, 2pm Headquarters Branch Library  
Call 593-0334 to reserve your seat.

### Embrace Health

Feb. 28, 2pm South Regional Library  
Call 252-7542 to reserve your seat.

## Support Groups

**Amputee Support Program:** Second Thursday of the month, 3-4pm, Brookdale Center for Healthy Aging & Rehabilitation, Day Room, 552-8919.

**Bosom Buddies Breast Cancer Support:** Second and last Wednesdays of the month, 7pm, Telford Building, 417-4600.

**Brain Cancer Support Group:** Second Monday of the month, 5pm, Brookdale Center for Healthy Aging & Rehabilitation, Conf. Room A, 552-8340.

## 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.

### Feb. 7, 9am-2pm

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

### Feb. 9, noon-5pm

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

### Feb. 11, 9am-3pm

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

### Feb. 23-24, 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)

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