



Women's Health Week 2022

National Women's Health Week begins each year on Mother's Day. Join us as we encourage and empower women to make their health & well-being a priority.



Virtual Events:

Monday, May 9

Women's Sexual Health

12-1 p.m. [RSVP here](#)

A discussion led by *Dr. Eeka Marshall, OBGYN* regarding women's gynecological health, updated screening guidelines and other relevant topics to your sexual health.

Wednesday, May 11

Gentle Yoga Flow

8:30-9:15 a.m. [RSVP here](#)

Emphasis will be on mindful movement with the breath to help you feel invigorated, calm, and focused. Suitable for all levels on the mat, with lunging and balancing included.



To RSVP: [Click here](#)

Call 239-468-0050

or email:

HealthyLifeCenter@leehealth.org

In-Person Events:

Lee Health Coconut Point

23450 Via Coconut Point Estero, FL, 33928

To RSVP please call 239-468-0050

Wednesday, May 11

Women's Mental Health Over the Lifespan

12-1 p.m. RSVP

Join us for a focused conversation on women's mental health through the lifespan.

Thursday, May 12

Women & Their Hearts

11 a.m.-noon RSVP

Discussion will include risk factors that women face for heart disease, different types of intervention and their gender risks, and what women can do to protect themselves.

Presented by *Cathy Murtagh-Schaffer, PA.*

Friday, May 13

Paint & Smoothie

9-10:30 a.m. RSVP

Fee: \$10

Come treat your taste buds while you paint a canvas to bring home with you!

The Latest on Breast Cancer Screening Guidelines

11 a.m.-noon RSVP

Dr. Priyanka Handa, imaging

Radiologist will discuss updates in screening mammography and adjunct diagnostic imaging (like Ultrasound and MRI) to detect breast cancer early. Lunch will be provided after the presentation.



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