

Zonta Invites Islanders to Women's Health Forum

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As women age, their health concerns can change, and are typically different from those of younger women and of men. Knowledge is power, according to the Zonta Club of Sanibel-Captiva, whose mission is to empower women. As part of its service to the community, the club is organizing a Women's Health Forum on Tuesday, November 3, 2015, from 9 a.m. to 12:30 p.m. at Lexington Country Club, 16257 Willowcrest Way in Fort Myers.

Co-sponsored by the Lee Memorial Health System Foundation, Shell Point Retirement Community and Right at Home In-Home Care & Assistance, the forum will include sessions on the heart, the bladder, and all-round healthy living. Featured speakers are Dr. Paul DiGiorgi and Dr. Heather Auld of the Lee Physician Group and Dr. Sal Lagacnina of the Lee Memorial Health System.

Organizers say this is a unique opportunity for women to learn from three of the area's experts on matters relating to personal health and wellness, specifically tied to the aging process.

Paul DiGiorgi, M.D. is a cardiothoracic surgeon and chief of the cardiothoracic surgery section at Lee Memorial; his interests are mitral valve repair, coronary artery bypass surgery, aortic valve replacement, lung surgery, and atrial fibrillation surgery; he will speak on cardiac care for women and understanding cardiac symptoms.

Heather Auld, M.D. is an integrative medicine specialist focusing on health coaching, women's health, weight management, mind-body medicine and hormone replacement therapy; her topic will be the bladder and urinary tract health for women.

Salvatore Lagacnina, D.O., is Vice President, Health & Wellness, for the Lee Memorial Health System and writes a regular column for the News-Press Living Well section, Dr. Sal's Tip. He will address healthy living for women at any age.

The cost for the forum is \$25.00 per person, which includes a catered lunch. Seating is limited and registration is required by Thursday, October 29. To register or for information, call McKenzie Millis, Healthcare Marketing Specialist at Shell Point, 239-600-6424. Checks, made out to the Zonta Club of Sanibel-Captiva, should be mailed to Zonta Sanibel-Captiva at P.O. Box 1244, Sanibel, FL 33957.

The Zonta Club of Sanibel/Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to strengthen women's lives on the islands, in Lee County and around the world through Zonta International. For more information, visit www.zontasancap.com.

Captions for photos: (1) Dr. Paul DiGiorgi, (2) Dr. Heather Auld, (3) Dr. Sal Lagacnina