

# March Calendar Of Health



## NCH Ranks Among Top 5% of U.S. Hospitals for Quality

NCH has achieved the Healthgrades 2020 America's 250 Best Hospitals Award™ for the third year in a row. The distinction places NCH in the top 5 percent of nearly 4,500 hospitals assessed nationwide for its superior clinical performance.



## FREE Seminars

### The Power of Food & Movement to Promote Musculoskeletal Health

**March 11, 2pm** Naples Regional Branch Library  
Call 252-5135 to reserve your seat.

### Prostate Health

**March 16, 2pm** Headquarters Branch Library  
Call 593-0334 to reserve your seat.

### Watchman: Innovation in Atrial Fibrillation

**March 18, 3pm**  
Presented by Adam Frank, MD  
Trianon Bonita Bay Hotel  
3401 Bay Commons Drive, Bonita Springs  
Register online at [nchmd.org/register](http://nchmd.org/register)

### Get Your Back on Track

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

### Why Care About Blood Pressure?

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

## Have Foot or Ankle Issues?

Dr. Richard de Asla, Orthopedic Physician specializing in foot & ankle treatment, can help you. Trained at & worked for:

- Hospital for Special Surgery
- Case Western
- Mass. General Hospital
- Harvard Medical School

Call Dr. de Asla to schedule an appointment today at 624-0310.



## 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.

### March 5, 9am-2pm

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

### March 9, 9am-3pm

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

### March 14, noon-5pm

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

### March 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](http://NCHmd.org).

## Support Groups

### Ostomy Support Group:

Second Monday of the month, 5-6pm, Telford Building, 860-9463.

### 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.

