

## Dr. Scanlon joins Vein and Laser Treatment Center

Vascular surgeon James Scanlon has joined the Naples office of Gulfcoast Cardiothoracic and Vascular Surgeons and The Vein and Laser Treatment Center.



SCANLON

Dr. Scanlon earned his undergraduate degree from Villanova University, Villanova, Pa., and his medical degree with distinction from George Washington University School of Medicine in Washington, D.C. He completed his internship and residency at George Washington University Medical Center and his fellowship in vascular and endovascular surgery from Georgetown University and Washington Hospital Center, also in Washington, D.C.

In addition, Dr. Scanlon completed a fellowship in trauma/critical care research

at Inova Regional Trauma Center at Inova Fairfax Hospital in Falls Church, Va.

Dr. Abraham Sadighi opened The Vein and Laser Treatment Center in Fort Myers in 2000. In 2006, he partnered with Gulfcoast Cardiothoracic Surgeons to form Gulfcoast Cardiothoracic and Vascular Surgeons. The practice cares for patients with a wide range of surgical needs, ranging from heart and lung diseases to vascular disorders. The Naples office is at 311 Ninth St. N. ■

## Physicians Regional Healthcare System support groups

Physicians Regional Healthcare System holds an array of support group meetings for people who want to learn more about managing various medical ailments. Meetings take place in the cafeteria at Physicians Regional Medical Center-Pine Ridge and are open to anyone, free of charge.

- The Headache Center Support Group - 6-7 p.m. on the first Tuesday of every month.

- Post Polio Support Group - 10 a.m. to noon Saturday, Nov. 7 (meets on the first Saturday of every month) This month's speaker is nutritionist Dee Harris.

- Diabetes Support Group - 6-7 p.m. Tuesday, Nov. 10 (meets on the second Tuesday of every odd month) This month's speaker is registered nurse Pam Eichler. ■

## Family Foot and Leg Center opens south office

Drs. Kevin Lam, Jamie Weaver and Brian Timm announce the opening of the second Family Foot and Leg Center. The practice is accepting new adult and pediatric patients at 12250 Tamiami Trail E., across from the Lely horses in the

Gridley Building.

The physicians of Family Foot and Leg Center specialize in adult and pediatric reconstructive and revisional surgery for foot, ankle and lower leg, trauma and deformity correction, peripheral nerve surgery, diabetic wound care and sports medicine. Advanced treatment technologies available include shockwave therapy, laser surgery, cryosurgery, sclerotherapy, wound healing/platelet gel and 3D laser orthotic casting. The center also offers the KeryFlex nail restoration system for treatment of fungal nails.

In addition to the above new location, The Family Foot and Leg Center is also in the Goodlette Medical Building, 661 Goodlette Road. Appointments at either location can be made by calling 430-FOOT (3668) or by visiting www.naplespodiatrist.com. ■

## Serenity Stretch brings yoga to Garden of Hope and Courage

Serenity Stretch, a mini-spa for both body and soul, offers the opportunity to inhale the Garden of Hope and Courage's quiet inspiration and to relieve muscle tension and preoccupation with trying circumstances.

Led by yoga and former fitness instructor Janice Behling in a series of five classes outdoors in the garden's Tommy Bahama Pavilion, Serenity Stretch takes the work out of stretching by providing a refreshing hour of cultivating calm, in addition to the chance to gain youthful flexibility and

strength. Ms. Behling appeals to all fitness levels with reassuring encouragement, a calming presence and realistic motivation.

Space is limited for this five-week opportunity to release tension and gain flexibility. No prior experience with yoga is necessary.

Classes are offered at 6 p.m. Wednesday, Nov. 11 and 18 and Dec. 2, 9 and 16. Cost for all five sessions is \$40. Reserve space by e-mailing SerenityStretch@hotmail.com — or simply arrive at the garden's outdoor Tommy Bahama Pavilion prior to class. ■

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