

## Health beat

### Physicians' Primary Care physicians honored

Four physicians with Physicians' Primary Care of Southwest Florida have been named "Top Doctors" by Castle Connolly Medical Ltd. in New York.

Family Medicine physician Charles Curtis, M.D., and Obstetrician/Gynecologists Paul Joslyn, M.D., Blaise Kovaz, M.D., and Mary Yankaskas, M.D. will be featured in the June issue of Gulfshore Life magazine. It's the 10th consecutive year that Dr. Yankaskas has been recognized as a Top Doctor. Dr. Curtis, Dr. Joslyn and Dr. Kovaz are repeat winners from 2013 and 2014.

Selections are made through a national survey of physicians and hospital administrators conducted by Castle Connolly, an independent research and

information company that is the nation's leading provider of information on top physicians. After the votes are tallied, Castle Connolly ensures that the physicians meet the company's criteria, which include board certification, years of experience in their specialties, and a clean disciplinary record.

"Castle Connolly is widely recognized for its extensive research of the medical profession. This demonstrates to our patients that we have been evaluated and meet their highest standards," said Dr. Yankaskas, who also is managing physician of Physicians' Primary Care of Southwest Florida.

Physicians' Primary Care of Southwest Florida, a physician-owned and operated medical practice, was formed in 1996 by many long practicing local physicians and has grown to become the largest independent multi-specialty practice in Southwest Florida.

Medical specialties include internal medicine, family practice, obstetrics,

gynecology, and pediatrics. PPC's offices are conveniently located in Fort Myers, Cape Coral and Lehigh Acres.

### Pure Barre hosts Change of Heart Mother's Day classes

To educate women about heart disease and how it can be prevented through healthy lifestyle choices, Pure Barre is hosting donation-only classes throughout Mother's Day weekend, May 9-10, to benefit the American Heart Association.

Each participant pays a \$20 registration fee, which will include a donation to the "Go Red for Women" campaign. Participants will receive a Red Dress pin, water bottles, awareness magnets and a customized Pure Barre/Change of Heart promotional gift for participants. Pure Barre studios are located in Naples, Estero and Fort Myers, and offer a total body workout that utilizes the ballet barre to perform small, isometric movements, which