

FAMILY EVENTS JUNE-AUGUST



June 2019

Saturday, June 8th
Car Seat Safety Check
9 a.m.-4 p.m.
Call 239-468-0050 to schedule an appointment

Family Yoga
9-10 a.m. RSVP

Family Friendly Cooking Demo
11 a.m.-noon
Dr. Jose Colon, sleep medicine

Thursday, June 13
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

Saturday, June 15
Father's Day with Our Two Hands Activity
10 a.m.-noon RSVP

Friends & Family CPR
1-3 p.m. RSVP

Friday, June 21
Toddler Time
10 a.m.-noon RSVP
Moms and children ages 12 months to 4 years.

Saturday, June 22
Essential Oils: Three Blends for Families
10-11 a.m.

Toddler Nutrition: Introducing Solids & Beyond
11 a.m.-noon RSVP

Tuesday, June 25
Family Nutrition Series: Food Label Reading
5:30-6:30 p.m. RSVP

Thursday, June 27
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

July 2019

Tuesday, July 2
Family Nutrition Series: Healthy Snacks
5:30-6:30 p.m. RSVP

Saturday, July 6
Friends & Family CPR
1-3 p.m. RSVP

Tuesday, July 9
Family Nutrition Series: Getting Active Together
5:30-6:30 p.m. RSVP

Thursday, July 11
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

Friday, July 12
Toddler Time
10 a.m.-noon RSVP
Moms and children ages 12 months to 4 years.

Saturday, July 13
Car Seat Safety Check
9 a.m.-4 p.m.
Call 239-468-0050 to schedule an appointment

Family Yoga
9-10 a.m. RSVP

Tuesday, July 16
Family Nutrition Series: Weekly Meal Planning
5:30-6:30 p.m. RSVP

Saturday, July 20
Safe Sitter Course
9 a.m.-4 p.m. RSVP
To register, visit leehealth.org/classes.asp

Tuesday, July 23
Family Nutrition Series: Healthy Eating on the Go
5:30-6:30 p.m. RSVP

Thursday, July 25
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

August 2019

Saturday, August 3
World Breastfeeding Week: Global Big Latch On Event
10 a.m.-noon

Thursday, August 8
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

Friday, August 9
Toddler Time
10 a.m.-noon RSVP
Moms and children ages 12 months to 4 years.



Saturday, August 10
Family Yoga
9-10 a.m. RSVP
Friends & Family CPR
10:30 a.m.-12:30 p.m. RSVP
Saturday, August 10

Meditation for Teens: Back-to-School De-Stress
11 a.m.-noon RSVP

Saturday, August 17
Car Seat Safety Check
9 a.m.-4 p.m. RSVP
Call 239-468-0050 to schedule an appointment

Thursday, August 22
Fourth Trimester Club
12-1:30 p.m.
Moms and children up to one year

Healthy Life Center—Coconut Point 23450 Via Coconut Point, Estero, FL 34135
For reservations call 239-468-0050