

Healthy Life Center | JUNE 2019

Your Health and Wellness Destination.

All Classes are Open to the Community—No Membership Required!

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

EVERY MONDAY AND WEDNESDAY
Walking Club Meet Up
8 a.m.

EVERY MONDAY
SHINE Counseling
9 a.m.-3 p.m.
Call 866-413-5337 to request an appointment

EVERY TUESDAY
Free Blood Pressure Screenings
9 a.m.-1 p.m.

EVERY OTHER THURSDAY (6/13, 6/27)
Fourth Trimester Club ☀️
12-1:30 p.m.
Moms and children younger than 1 year

EVERY FRIDAY
SWFL Produce Box Pickup
4-5:30 p.m.
To place an order visit swflproduce.com

MONDAY, JUNE 3
Dementia Caregivers College: Preparing for the Storm - Hurricane Prep
10-11:30 a.m. RSVP

Mobile Blood Drive
10 a.m.-3 p.m.

TUESDAY, JUNE 4
Trying to Quit: Smoking Cessation Group
5:30-7:30 p.m.
Call 877-819-2357 to RSVP

WEDNESDAY, JUNE 5
Is Your Cup Overflowing with Stress?
10-11 a.m. RSVP

FRIDAY, JUNE 7
Essential Oils Make & Take: Natural Deodorant
10-11 a.m. RSVP
Fee: \$5

Cooking Demo: Homemade Dressings & Dips
12-1 p.m. RSVP
Fee: \$5

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

MONDAY, JUNE 10
Plant-Powered Living Series: Meal Prep
12-1 p.m. RSVP

10 Acupressure Points to Enhance Your Health
2-3 p.m. RSVP

TUESDAY, JUNE 11
Dutch Dine & Discover: The Gathering Place
11:30 a.m.-1 p.m. RSVP
Location: 24850 Old 41, Suite 12, Bonita Springs

WEDNESDAY, JUNE 12
Questions to Ask When Considering Care for Your Loved One
11 a.m.-noon RSVP

Brown Bag Medication Review with a Pharmacist
1-3 p.m.
Call 239-468-0050 to schedule an appointment

THURSDAY, JUNE 13
Foam Rolling Workshop & Demo
2-3 p.m. RSVP

FRIDAY, JUNE 14
Movie Matinee: The Magic Pill
10 a.m.-noon RSVP

MONDAY, JUNE 17
Dementia Caregivers College: Nutrition for Dementia
10-11:30 a.m. RSVP

WEDNESDAY, JUNE 19
Cooking Demo: Italian Cuisine
11 a.m.-noon RSVP
Fee: \$5

Community Guided Meditation
2:30-3 p.m. RSVP

THURSDAY, JUNE 20
Optimizing Healing with Diet, Exercise and the Mind
3-4 p.m. RSVP
Dr. Sebastian Klisiewicz, physiatrist

FRIDAY, JUNE 21
World Yoga Day: Sunrise Yoga
7-8 a.m. RSVP
Location: Estero Park
9200 Corkscrew Palms Blvd, Estero

Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

World Yoga Day: Community Yoga
1-2 p.m. RSVP

World Yoga Day: Health Benefits & Demo
3-4 p.m. RSVP

MONDAY, JUNE 24
Lunch & Learn: 10 Commandments of Smart Money - Planning for Retirement and Long-Term Care
11:30 a.m.-1 p.m. RSVP

WEDNESDAY, JUNE 26
Cooking Demo: Tofu Three Ways
11 a.m.-noon RSVP
Fee: \$5

Heels and Arches
3-4 p.m. RSVP
Dr. Chelsea Viola, podiatrist



Mind & Body Studio!

The Healthy Life Center is expanding the yoga and fitness class offerings to include multiple yoga styles, tai chi, and more! Class passes are available for purchase. Please call 239-468-0050 or see a team member for details.

Healthy Life Center—Cape Coral 609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210

EVERY TUESDAY
SHINE Counseling
10 a.m.-2 p.m.
SHARE Club office
Call 866-413-5337 to schedule an appointment

EVERY OTHER THURSDAY (6/6, 6/20)
Fourth Trimester Club ☀️
10-11:30 a.m.
Waiting Room: Family Birth Place
Cape Coral Hospital
Moms and children younger than 1 year

EVERY FRIDAY
SWFL Produce Box Pickup
4-6 p.m.
To place an order, visit swflproduce.com

MONDAY, JUNE 3
Movie Matinee: The Magic Pill
10 a.m.-noon RSVP

TUESDAY, JUNE 4
Clean Living: What's in Your Products?
1-2 p.m. RSVP

THURSDAY, JUNE 6
SWFL Adult Water Safety
2-3 p.m. RSVP

MONDAY, JUNE 10
Essential Oils Make & Take: Natural Deodorant
9-10 a.m. RSVP
Fee: \$5

Lunch & Learn: Heels & Arches
11:30-1 p.m. RSVP
Dr. Sean Dunleavy, podiatrist

Brown Bag Medication Review with a Pharmacist
2-4 p.m.
Call 239-424-3210 to schedule an appointment

TUESDAY, JUNE 11
Lunch & Learn: Is Your Cup Overflowing with Stress?
12-1:30 p.m. RSVP

WEDNESDAY, JUNE 12
Physical Therapy Screenings
10 a.m.-noon
Call 239-424-3210 to schedule an appointment
Location: Fitness Desk

Lunch & Learn: Staying on Your Feet - Balance and Cognitive Awareness
11:30 a.m.-1:30 p.m. RSVP

Plant-Powered Living Series: Meal Prep
5:30-6:30 p.m. RSVP

THURSDAY, JUNE 13
Blue-Green Algae! Why is This Happening? How Can We Fix It?
5:30-6:30 p.m. RSVP

FRIDAY, JUNE 14
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

MONDAY, JUNE 17
Lunch & Learn: Cancer - a Global Perspective
11:30 a.m.-1 p.m. RSVP

WEDNESDAY, JUNE 19
Dine & Discover: Redfish Point Garden Bar & Grill
11:30 a.m.-1 p.m. RSVP
Location: 1520 Lafayette Street, Cape Coral

Questions to Ask When Considering Care for Your Loved One
12-1 p.m. RSVP

THURSDAY, JUNE 20
Sugar Cravings: Are We Not Sweet Enough?
1-2 p.m. RSVP

Crystal Bowl Meditation
6:30-7:30 p.m. RSVP
Fee: \$10
Location: Mind & Body Studio

FRIDAY, JUNE 21
Cardiac Connection
10 a.m.-noon RSVP

World Yoga Day: Community Yoga
10:30 a.m.-noon RSVP
Location: Mind & Body Studio

MONDAY, JUNE 24
Lunch & Learn: Living Beyond Cancer - Survivorship and Follow Up
12-1 p.m. RSVP
Dr. Bianca de Souza, hematologist-oncologist

TUESDAY, JUNE 25
Guided Meditation for Wellness
5:30-6 p.m. RSVP

WEDNESDAY, JUNE 26
Medication Safety in Older Adults
12-1 p.m. RSVP

THURSDAY, JUNE 27
Youth Mental Health First Aid
8:30 a.m.-4:30 p.m.
To register, visit www.leehealth.org/classes.asp

Healthy Life Center- Fort Myers
3114 Cleveland Ave.
Fort Myers, FL 33901
For reservations call 239-424-3210

MONDAY, JUNE 17
Cardiac Connection
1-3 p.m. RSVP

Healthy Life Center-Babcock Ranch
42880 Crescent Loop, Suite 100
Babcock Ranch, FL 33982
For reservations, call 239-424-3210

TUESDAY, JUNE 11
Blue-Green Algae! Why is This Happening? How Can We Fix it?
2-3 p.m. RSVP

WEDNESDAY, JUNE 19
Physical Activity Recommendations
1-1:30 p.m. RSVP
Dr. Kathleen Dixon, family medicine

FRIDAY, JUNE 21
World Yoga Day: Community Yoga
9:30-10:30 a.m. RSVP

