

# Healthy Life Center

Your Health and Wellness Destination.

## SEPTEMBER 2019

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 (9/5, 9/19)

**Fourth Trimester Club** ☀️  
12-1:30 p.m.  
Moms and children under 1 year

### EVERY FRIDAY

**SWFL Produce Box Pickup**  
4-5:30 p.m.  
To place an order visit [swflproduce.com](http://swflproduce.com)

### WEDNESDAY, SEPTEMBER 4

**The Background & Basics of Medicare Part D Prescription Drug Plans**  
2-3 p.m. RSVP

### FRIDAY, SEPTEMBER 6

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

### SATURDAY, SEPTEMBER 7

**Gardening Gift for Grandparents** ☀️  
10-11:30 a.m. RSVP

### MONDAY, SEPTEMBER 9

**Plant-Powered Living Series: Healthy Desserts**  
12-1 p.m. RSVP

**Living Well with Parkinson's Disease**  
4-5 p.m. RSVP

### TUESDAY, SEPTEMBER 10

**The LIFT Project (10 Week Series)**  
10:30-11:30 a.m. RSVP  
To register, visit [www.leehealth.org/classes.asp](http://www.leehealth.org/classes.asp)

### WEDNESDAY, SEPTEMBER 11

**Plant-Based Cooking Series (3 Week Series)**  
10 a.m.-1p.m.  
Call 239-468-0050 for info and to register

**Acupuncture for Headache & Migraine Relief**  
3-4 p.m. RSVP

### THURSDAY, SEPTEMBER 12

**Youth Mental Health First Aid**  
8 a.m.-4 p.m.  
To register, visit [www.leehealth.org/classes.asp](http://www.leehealth.org/classes.asp)

### Wound Care

3-4 p.m. RSVP  
Dr. Jeremy Tamir, wound care & hyperbaric medicine

### FRIDAY, SEPTEMBER 13

**Essential Oils Make & Take: Travel Shampoo**  
9:30-10:30 a.m. RSVP  
Fee: \$10

### MONDAY, SEPTEMBER 16

**All Can Fall: Raising Awareness About Challenges of Living with a Vestibular Disorder**  
2-3 p.m. RSVP

**Bladder & Bowel Dysfunction in Parkinson's Disease**  
4-5 p.m. RSVP

### TUESDAY, SEPTEMBER 17

**Movie Day: GMO OMG**  
1-3 p.m. RSVP

**How to Improve Low Back Pain**  
4-5 p.m. RSVP  
Dr. Junaid Kamal, pain management

### WEDNESDAY, SEPTEMBER 18

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

### THURSDAY, SEPTEMBER 19

**Alzheimer's Support Group**  
10 a.m.-noon RSVP

### Dutch Dine & Discover: Tokyo Bay

11:30 a.m.-1 p.m. RSVP  
Location: 24880 S. Tamiami Trail, Unit 2, Bonita Springs

**Factors of Hormone Imbalance**  
2-3 p.m. RSVP

### FRIDAY, SEPTEMBER 20

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

### MONDAY, SEPTEMBER 23

**Mobile Blood Drive**  
10 a.m.-2 p.m.

### Memory Screenings

10 a.m.-2 p.m.  
Call 239-468-0050 to schedule an appointment

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

**Facing the Fear of Falling**  
2-3 p.m. RSVP

**Benefits of Exercise for People with Parkinson's Disease**  
4-5 p.m. RSVP

### WEDNESDAY, SEPTEMBER 25

**10 Early Signs & Symptoms of Alzheimer's**  
2-3 p.m. RSVP

### THURSDAY, SEPTEMBER 26

**Step WiseLee: Saving Lives Through Fall Prevention**  
10-11 a.m. RSVP

### Community Yoga Class

5-6 p.m. RSVP

### FRIDAY, SEPTEMBER 27

**Bladeless Laser Cataract Surgery: What You Need to Know**  
10-11 a.m. RSVP  
Dr. John Snead, ophthalmologist  
Vision screenings available: Call 239-468-0050 to schedule an appointment

**Lunch & Learn: Vitamins & Supplements-Part 2**

12-1 p.m. RSVP

### SATURDAY, SEPTEMBER 28

**Get In Rhythm: Atrial Fibrillation Awareness**  
10 a.m.-1 p.m. RSVP  
Dr. Roshan Vathiyam, electrophysiologist  
Dr. Paul DiGiorgi, cardiothoracic surgeon

### MONDAY, SEPTEMBER 30

**Farewell to Falls**  
2-3 p.m. RSVP

**Balance & Fall Prevention for People with Parkinson's**  
4-5 p.m. RSVP

### 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



### Saturday, October 5th

**Inspiring Health 5k & Fall Harvest Fest**

7:30 a.m. Kids Run  
8 a.m. 1 mile & 5K Race  
9a.m.- noon Fall Harvest Fest



Scan this code with your cell phone camera for Inspiring Health 5K Information.



# Healthy Life Center | SEPTEMBER 2019

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No Membership Required!

**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 (9/12, 9/26)

**Fourth Trimester Club** ☀️  
10-11:30 a.m.  
Waiting Room: Family Birth Place  
Cape Coral Hospital  
Moms and children under 1 year

## EVERY FRIDAY SWFL Produce Box Pickup

4-6 p.m.  
To place an order, visit  
swflproduce.com

## WEDNESDAY, SEPTEMBER 4 Essential Oils Make & Take: Travel Shampoo

10-11 a.m. RSVP  
Fee: \$10

## THURSDAY, SEPTEMBER 5 How to Prepare Your Florida Garden for the Vegetable Season

10-11 a.m. RSVP

## FRIDAY, SEPTEMBER 6 The LIFT Project (10 Week Series)

3:30-4:30 p.m.  
To register, visit [www.leehealth.org/classes.asp](http://www.leehealth.org/classes.asp)

## MONDAY, SEPTEMBER 9 Dementia Caregiver College: Understanding Alzheimer's & Dementia

10-11:30 a.m. RSVP

## Movie Day: GMO OMG

1-3 p.m. RSVP

## WEDNESDAY, SEPTEMBER 11 Physical Therapy Screenings

10 a.m.-noon  
Call 239-424-3210 to schedule an appointment  
Location: Fitness Desk

## Living Well with Parkinson's Disease

10-11 a.m. RSVP

## Lunch & Learn: Dotting Your "I"s & Crossing Your "T"s—Planning For Aging

11:30 a.m.-1:30 p.m. RSVP

## Plant-Powered Living Series: Healthy Desserts

5:30-6:30 p.m. RSVP

## THURSDAY, SEPTEMBER 12 Step WiseLee: Saving Lives Through Fall Prevention

10-11 a.m. RSVP

## Crystal Bowl Meditation

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

## FRIDAY, SEPTEMBER 13 Memory Café

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

## MONDAY, SEPTEMBER 16 Dementia Caregiver College: The Diagnostic Process

10-11:30 a.m. RSVP

## TUESDAY, SEPTEMBER 17 Acupuncture for Headache & Migraine Relief

3-4 p.m. RSVP

## WEDNESDAY, SEPTEMBER 18 Benefits of Exercise for People with Parkinson's Disease

10-11 a.m. RSVP

## 10 Early Signs & Symptoms of Alzheimer's

1-2 p.m. RSVP

## All Can Fall: Raising Awareness About Challenges of Living with a Vestibular Disorder

3-4 p.m. RSVP

## THURSDAY, SEPTEMBER 19 Balance Screenings

10 a.m.-noon  
Call 239-424-3210 to schedule an appointment

## Kitchen Tips for a Healthy Heart

1-2 p.m. RSVP

## FRIDAY, SEPTEMBER 20 Vitamins & Mineral Supplements: Hype or Help for Healthy Eating

1-2 p.m. RSVP

## MONDAY, SEPTEMBER 23 Dementia Caregiver College: Diagnosed, Now What - Difficult Conversations

10-11:30 a.m. RSVP

## TUESDAY, SEPTEMBER 24 Dutch Dine & Discover: Fish Tale Grill

11:30-1 p.m. RSVP  
Location: 1229 SE 47 Terrace, Cape Coral

## Guided Meditation for Wellness

5:30 -6 p.m. RSVP

## WEDNESDAY, SEPTEMBER 25 Balance & Fall Prevention for People with Parkinson's Disease

10-11 a.m. RSVP

## Lunch & Learn: Optimizing Healing with Diet & Exercise

12-1 p.m. RSVP  
Dr. Daren Subnaik, pain management

## THURSDAY, SEPTEMBER 26 Memory Screenings

10 a.m.-noon  
Call 239-424-3210 to schedule an appointment

## Friends & Family CPR

1-3 p.m. RSVP

## FRIDAY, SEPTEMBER 27 Easy Native Plants for Your Garden

10-11 a.m. RSVP

## MONDAY, SEPTEMBER 30 Dementia Caregiver College: Effective Communication Techniques

10-11:30 a.m. RSVP

## Healthy Life Center- Babcock Ranch

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

## THURSDAY, SEPTEMBER 12 Phytonutrients for Your Health

2-3 p.m. RSVP

## TUESDAY, SEPTEMBER 17 What Can Acupuncture & Massage Therapy Do For You?

7-8 p.m. RSVP

## WEDNESDAY, SEPTEMBER 25 5 Acupressure Points to Enhance Your Health

7-8 p.m. RSVP

