

HEALTHY LIFE CENTER—COCONUT POINT

FAMILY EVENTS

SEPTEMBER-DECEMBER



September 2019

Wednesday, September 4
Family Nutrition Series:
Reading Food Labels
5:30-6:30 p.m. RSVP

Thursday, September 5
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

Friday, September 7
Gardening Gift for Grandparents
10-11:30 a.m. RSVP

Friday, September 13
Toddler Time: Happy Dance
10 a.m.-noon RSVP
Moms and children 1 to 4 years

Saturday, September 14
Family Yoga
9-10 a.m. RSVP

Wednesday, September 18
Family Nutrition Series:
Healthy Snacks
5:30-6:30 p.m. RSVP

Thursday, September 19
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year



October 2019

Thursday, October 3
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

Friday, October 4
Fall Gardening: Planting Day with FGCU Food Foresters
9-11 a.m. RSVP

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.



Friday, October 4
Toddler Time: Harvest Planting
10 a.m.-noon RSVP
Moms and children 1 to 4 years

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

Saturday, October 12
Family Yoga
9-10 a.m. RSVP
Thursday, October 17
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

Wednesday, October 23
Family Nutrition Series:
Weekly Meal Planning
5:30-6:30 p.m. RSVP
Thursday, October 31
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

November 2019

Wednesday, November 6
Family Nutrition Series:
Healthy Eating on the Go
5:30-6:30 p.m. RSVP

Monday November 11
Friends & Family CPR
1:30-3:30 p.m.

Thursday, November 14
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

Friday, November 15
Toddler Time: Let Us Give Thanks
10 a.m.-noon RSVP
Moms and children 1 to 4 years

Saturday, November 16
Family Yoga
9-10 a.m. RSVP

Wednesday, November 20
Nutrition Series: Managing Leftovers
5:30-6:30 p.m. RSVP

Saturday November 23
Family Fun: Give Thanks & Give Gratitude
10 a.m.-noon RSVP



December 2019

Thursday, December 12
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year

Saturday, December 14
Family Yoga
9-10 a.m. RSVP

Thursday, December 26
Fourth Trimester Club
12-1:30 p.m.
Moms and children under 1 year



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

