

Healthy Life Center | JANUARY 2020

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.
To request an appointment, call
866-413-5337.

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

EVERY OTHER THURSDAY (1/9, 1/23)
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

FRIDAY, JANUARY 3
Culinary Workshop: New Year Detox
10 a.m.-noon RSVP
Fee: \$15

MONDAY, JANUARY 6
Movie Day: The Game Changer
10 a.m.-noon RSVP

Craft: Vision Boards for 2020
2-3 p.m. RSVP

WEDNESDAY, JANUARY 8
Plant-Based Cooking Series (1/8, 1/15, 1/22)
10 a.m.-1 p.m.
For information and to register,
call 239-468-0050

MONDAY, JANUARY 13
Mobile Blood Drive
10 a.m.-2 p.m.

Dementia Caregiver College:
Understanding Alzheimer's & Dementia
10-11:30 a.m. RSVP

Plant-Powered Living Series: Protein from Plants
Noon-1 p.m. RSVP

New Year, New You Through Acupuncture
2-3 p.m. RSVP

TUESDAY, JANUARY 14
The LIFT Project
11:30 a.m.-12:30 p.m.
To register, visit www.leehealth.org/classes.asp

Substance Use Disorders in the Elderly
2-3 p.m. RSVP
Dr. Clifford Thacker, addiction medicine

Current Treatment for Knee Pain in the Aging Athlete
4-5 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon



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.

WEDNESDAY, JANUARY 15
Community Guided Meditation
2:30-3 p.m. RSVP

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

THURSDAY, JANUARY 16
Alzheimer's Association Support Group
10 a.m.-noon RSVP

Memory Screenings
2-4 p.m.
To schedule an appointment, call
239-468-0050

FRIDAY, JANUARY 17
Memory Café
10 a.m.-noon
To register, call 1-800-272-3900

MONDAY, JANUARY 20
Dementia Caregiver College: Diagnosed, Now What? Difficult Dementia Conversations
10-11:30 a.m. RSVP

Culinary Workshop: Plant-Based Milk
1-3 p.m. RSVP
Fee: \$15

Women's Wellness Series: Exercise & Lifestyle
3:30-5 p.m. RSVP

TUESDAY, JANUARY 21
Natural Approach to Pain Management
3-4 p.m. RVSP
Dr. Daren Subnaik, pain management

WEDNESDAY, JANUARY 22

Dutch Dine & Discover: The Other Side Bistro
11:30 a.m.-1 p.m. RSVP
Location: 24630 South Tamiami Trail, Unit B,
Bonita Springs

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

THURSDAY, JANUARY 23
Cooking Demo: Cuban Cuisine
1-2 p.m. RSVP
Fee: \$5

Community Yoga Class
5-6 p.m. RSVP

FRIDAY, JANUARY 24 ☀️
Autism Screening CareMobile
9 a.m.-3 p.m.
To schedule an appointment, call 239-343-6838

Osteoarthritis: "Joint" Us for the Journey
9:30-10:30 a.m. RSVP

Lunch & Learn: Staying at Home-Services to Help You Age in Place
11:30 a.m.-1:30 p.m. RSVP

Your Muscle Mass & More: Body Composition Explained
1-3 p.m.
To schedule an appointment, call 239-468-0050

MONDAY, JANUARY 27
Dementia Caregiver College: Legal & Financial Planning for Caregivers
10-11:30 a.m. RSVP

Women's Wellness Series: The Role of Nutrition
3:30-5 p.m. RSVP

WEDNESDAY, JANUARY 29
The Role of Nutrition in Parkinson's
4-5 p.m. RSVP

THURSDAY, JANUARY 30
Culinary Workshop: Greek Cuisine
1-3 p.m. RSVP
Fee: \$15

FRIDAY, JANUARY 31
Book Club: The Telomere Effect
9-11 a.m. RSVP
(Author: Elizabeth Blackburn, Ph.D.)

Saturday, January 25
Estero Health and Wellness Fair
9200 Corkscrew Palms Blvd, Estero, FL 33928
9 a.m.-noon



Healthy Life Center | JANUARY 2020

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All Classes are Open to the Community
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
To schedule an appointment,
call 866-413-5337

EVERY OTHER THURSDAY (1/16, 1/30)

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

MONDAY, JANUARY 6

Movie Day: The Game Changer

10 a.m.-noon RSVP

Cooking Demo: New Year Detox

1-2 p.m. RSVP
Fee: \$5

TUESDAY, JANUARY 7

Optimize Your Healing Potential

1-2 p.m. RSVP

WEDNESDAY, JANUARY 8

Physical Therapy Screenings

10 a.m.-noon
To schedule an appointment, call
239-424-3210

Plant-Powered Living Series: Protein from Plants

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

THURSDAY, JANUARY 9

Skin Cancer Screenings

9 a.m.-noon
To schedule an appointment, call
239-424-3210

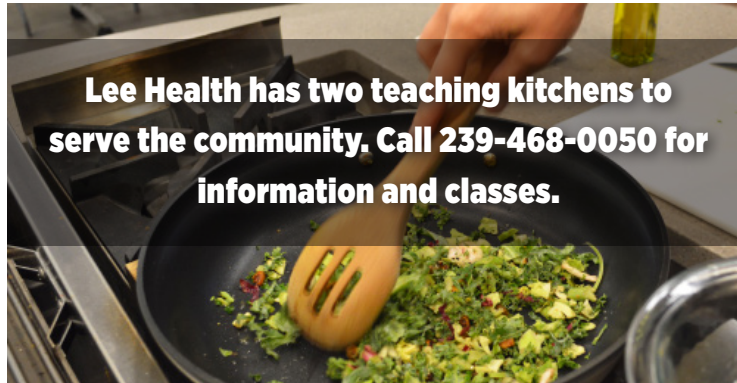
Craft: Vision Boards for 2020

5-6 p.m. RSVP

FRIDAY, JANUARY 10

Memory Café

10 a.m.-noon
To register, call 1-800-272-3900



SATURDAY, JANUARY 11

The LIFT Project

9-10 a.m.
To register, visit [www.leehealth.org/
classes.asp](http://www.leehealth.org/classes.asp)

MONDAY, JANUARY 13

Lunch & Learn: Diabetes- Exploring the Various Treatment Options

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

Your Muscle Mass & More: Body Composition Explained

1:30-3:30 p.m.
To schedule an appointment, call
239-424-3210

Balance, Dizziness, Vertigo Problems? Helping You Find Solutions

4-5 p.m. RSVP

TUESDAY, JANUARY 14

Vitamins & Mineral Supplements: Hype or Help for Healthy Eating

1-2 p.m. RSVP

WEDNESDAY, JANUARY 15

Lunch & Learn: Smart Money- Planning for Retirement & How to Pay for Care

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

Self Defense Moves Everyone Should Know

1-3 p.m. RSVP
Fee: \$5

THURSDAY, JANUARY 16

New Year, Nutrition!

1-2 p.m. RSVP

Current Treatment for Knee Pain in the Aging Athlete

4-5 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

MONDAY, JANUARY 20

The Connection Between Vision & Balance

4-5 p.m. RSVP
Dr. Cynthia Drobizgiewicz, audiologist

TUESDAY, JANUARY 21

Dutch Dine & Discover: Ginger Bistro

11:30 a.m.-1 p.m. RSVP
Location: 2366 Surfside Blvd. C-101,
Cape Coral

Kitchen Sprouting Demo

2-3 p.m. RSVP
Fee: \$5

WEDNESDAY, JANUARY 22

Memory Screenings

10 a.m.-noon
To schedule an appointment, call 239-
424-3210

THURSDAY, JANUARY 23

Step WiseLee: Saving Lives Through Fall Prevention

10-11 a.m. RSVP

Lunch & Learn: COPD-How to Manage Symptoms

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

FRIDAY, JANUARY 24

Hearing & Hearing loss: Unraveling the Mystery

10-11 a.m. RSVP
Dr. Maura Chippendale, audiologist

MONDAY, JANUARY 27

Book Club: The Telomere Effect

9-11 a.m. RSVP
(Author: Elizabeth Blackburn, Ph.D.)

Cooking Demo: Plant-Based Cuisine

1-2 p.m. RSVP
Fee: \$5

An Audiologist's View: Hearing & Balance Disorders

4-5 p.m. RSVP
Dr. Cynthia Drobizgiewicz, audiologist

TUESDAY, JANUARY 28

Guided Meditation for Wellness

2-2:30 p.m. RSVP

WEDNESDAY, JANUARY 29

Container Gardening Spills & Thrills

10-11 a.m. RSVP

Protect Yourself from Frauds & Scams

1-2 p.m. RSVP

THURSDAY, JANUARY 30

Balance Screenings

9-11 a.m.
To schedule an appointment,
call 239-424-3210

Healthy Life Center- Babcock Ranch

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

SATURDAY, JANUARY 11

Mobile Blood Drive

9 a.m. - 2 p.m.

FRIDAY, JANUARY 24

Healthy Information Brain Bus
9-11:30 a.m.

Healthy Living for Brain & Body
10:30-11:30 a.m. RSVP

FRIDAY, JANUARY 31

Your Muscle Mass & More:
Body Composition Explained
10 a.m.-noon
To schedule an appointment,
call 239-424-3210

