



Healthy Life Center

Education and Navigation

MARCH

March classes will be held virtually and in-person with appropriate precautions.

VIRTUAL CLASSES

Monday, March 1

The Role of the Otolaryngologist (ENT) in the Diagnosis and Management of Balance, Dizziness & Vertigo Problems

3-4 p.m. RSVP

Dr. Patrick Reidy, otolaryngologist

Tuesday, March 2

Morning Meditation: Renewed & Emerging

10-10:30 a.m. RSVP

Chair Yoga

11 a.m.-noon RSVP

Wednesday, March 3

Cooking with Kat: Greek Cooking

1-2 p.m. RSVP

Thursday, March 4

Fourth Trimester Club: Family Nutrition ☀️

10:30a.m.-noon RSVP

Monday, March 8

Advances & Treatments of Atrial Fibrillation

2-3 p.m. RSVP

Dr. Paul DiGiorgi, cardiothoracic surgeon

Bladder Management in Parkinson's Disease

3-4 p.m. RSVP



Tuesday, March 9

Aortic Aneurysm/Dissection: Recognizing the Difference

2-3 p.m. RSVP

Dr. Randall Buss, cardiothoracic surgeon

Wednesday, March 10

Yogic Breath Work

12:30-1:30 p.m. RSVP

Nutrition in the Kitchen:

Eating for a Healthy Colon

2-3 p.m. RSVP

Thursday, March 11

Dementia Caregivers College:

Effective Communication

10-11:30 a.m. RSVP

Gentle Yoga Flow

3-4 p.m. RSVP

Friday, March 12

Essential Oils: Outdoor Essentials

1-2 p.m. RSVP

Monday, March 15

Along This Vein....Let's Talk About Your Legs

11 a.m.-noon RSVP

Dr. Ronnie Word, vascular surgeon

Bladder Health, Balance & Fall Risk:

What's the Link?

3-4 p.m. RSVP

Tuesday, March 16

Chair Yoga

11 a.m.-noon RSVP

Spring Time Family Grounding ☀️

2-3 p.m. RSVP

Wednesday, March 17

Baseball: Throwing Mechanics & Treatment

10-11 a.m. RSVP

Thursday, March 18

Alzheimer's Caregiver Support Group

10 a.m.-noon RSVP

Fourth Trimester Club: Spring Has Sprung ☀️

10:30a.m.-noon RSVP

Plant-Powered Living: Eating Plant-Based on a Budget

1-2 p.m. RSVP

Friday, March 19

Cooking with Kat:

Five Ingredients or Less

1-2 p.m. RSVP

Monday, March 22

Seniors Blue Book University:

Ways to Pay for Long-Term Care

10-11:30 a.m. RSVP

Where to Next? Understanding

Senior Housing Options for People with Parkinson's

3-4 p.m. RSVP

Tuesday, March 23

Robotic Lung Surgery

2-3 p.m. RSVP

Dr. Michael DeFrain, cardiothoracic surgeon

Wednesday, March 24

Sleep with Ease: The Basics for Improving Your Sleep

Noon-1 p.m. RSVP

Thursday, March 25

Dementia Caregivers College: Understanding Dementia Related Behavior

10-11:30 a.m. RSVP

Gentle Yoga Flow

3-4 p.m. RSVP

Friday, March 26

Cooking with Kat: Veggie Burger Heaven

1-2 p.m. RSVP

Monday, March 29

The Connection Between Your Feet & Better Balance

3-4 p.m. RSVP

Dr. Patricia Nicolas, podiatrist

Tuesday, March 30

Chair Yoga

11 a.m.-noon RSVP

Lumps & Bumps in the

Head and Neck

1-2 p.m. RSVP

Dr. Scott Larson, otolaryngologist

Wednesday, March 31

Virtual Friends & Family CPR Demo

2-3 p.m. RSVP

IN-PERSON EVENTS

Lee Health Coconut Point
To register for these events, call 239-468-0050

Tuesday, March 9

Outdoor Yoga Flow

2-3 p.m. or

3:15-4:15 p.m. RSVP

Tuesday, March 23

Outdoor Yoga Flow

2-3 p.m. or

3:15-4:15 p.m. RSVP

Every Friday

SWFL Produce Box

3-4 p.m.

To place an order visit

www.swflproduce.com

Healthy Life Center is your destination for services and education.
We're ready to help you become the **best version of yourself!**

☀️ Golisano Children's Hospital of Southwest Florida Family Program

RSVP at 239-468-0050 • healthylifecenter@leehealth.org
www.leehealth.org/events/

