



# Healthy Life Center

## Education and Navigation

### AUGUST

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

#### VIRTUAL CLASSES

##### Tuesday, August 3

###### Chair Yoga

11 a.m.-noon RSVP

##### Wednesday, August 4

###### Ouch! The Science of Pain

10-11 a.m. RSVP

###### Nutrition in the Kitchen:

###### All About Fish

1-2 p.m. RSVP

##### Thursday, August 5

###### Morning Meditation:

###### Fresh New Beginnings

10-10:30 a.m. RSVP

##### Tuesday, August 10

###### Stress Management:

###### Beyond Yoga & Meditation

10-11 a.m. RSVP

##### Wednesday, August 11

###### A Therapeutic & Practical

###### Approach to Walking with Poles

10-11 a.m. RSVP

###### Nutrition in the Kitchen:

###### Nutrition & Aging

1-2 p.m. RSVP

##### Thursday, August 12

###### Gentle Yoga Flow

3-4 p.m. RSVP

##### Tuesday, August 17

###### Chair Yoga

11 a.m.-noon RSVP

##### Thursday, August 19

###### Congestive Heart Failure

Noon-1 p.m. RSVP

Dr. Michael Corbellini, cardiology

###### Plant-Powered Living:

###### All About Sprouting

3-4 p.m. RSVP

##### Friday, August 20

###### Adult Immunizations: What

###### Vaccines Do You Really Need?

10-11a.m. RSVP

##### Monday, August 23

###### Seniors Blue Book University:

###### Senior Living Options in SWFL

10-11 a.m. RSVP

##### Thursday, August 26

###### Gentle Yoga Flow

3-4 p.m. RSVP

##### Tuesday, August 31

###### Chair Yoga

11 a.m.-noon RSVP

#### IN-PERSON EVENTS

###### Lee Health Coconut Point

23450 Via Coconut Point, Estero, FL 33928

To register for these events, call 239-468-0050.

##### Monday, August 2

###### Vestibular Support Group

1-2:30 p.m.

##### Friday, August 6

###### Cooking Demo:

###### Summer Salads

1-2 p.m.

##### Tuesday, August 10

###### Outdoor Gentle Yoga Flow

9-10 a.m.

###### Outdoor Chair Yoga

10:15-11:15 a.m.

##### Friday, August 13

###### Cooking Demo:

###### Summer Soups

1-2 p.m.

##### Thursday, August 19

###### Alzheimer's Caregiver

###### Support Group

10 a.m.-noon

##### Friday, August 20

###### Cooking Demo:

###### Greek Appetizers

1-2 p.m.

##### Tuesday, August 24

###### Outdoor Gentle Yoga Flow

9-10 a.m.

###### Outdoor Chair Yoga

10:15-11:15 a.m.

###### Cooking Demo:

###### Homemade Snack Bars

1-2 p.m.

##### Wednesday, August 25

###### Make & Take:

###### All Natural Soap

10-11 a.m.

###### Cooking Demo: Back to

###### School Snacks

1-2 p.m.



##### Every Monday, Wednesday, & Friday

###### Walking Club Meet-Up

8 a.m.



##### Every Friday

###### SWFL Produce Box

3-4 p.m.

To place an order visit

[www.swflproduce.com](http://www.swflproduce.com)



##### Monday, August 16

###### Mobile Blood Drive

10 a.m.-3 p.m.

Location: Lee Health

Coconut Point

Discharge Entrance



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](mailto:healthylifecenter@leehealth.org)  
[www.leehealth.org/events/](http://www.leehealth.org/events/)



LEE HEALTH  
Healthy Life Center