



# Healthy Life Center

Education and Navigation

Healthy Life Center  
**AUGUST**

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

## VIRTUAL EVENTS

**Wednesday, August 10**

**Asthma vs. COPD:  
How to Tell the Difference**  
10-11 a.m. RSVP

**Tuesday, August 16**

**Importance of Cancer  
Screenings in a Healthy  
Population**

2-3 p.m. RSVP  
Dr. Monika Arya,  
hematology/oncology

**Wednesday, August 17**

**Expectations for  
Surgery & Rehab**  
10-11 a.m. RSVP

**Lifestyle Health:  
Happiness Happens**  
12-1 p.m. RSVP

**Monday, August 22**

**Acupuncture & Your Mood**  
12-1 p.m. RSVP

**Wednesday, August 24**

**Kicking the Sugar Habit**  
12-1 p.m. RSVP

**Thursday, August 25**

**Guided Meditation**  
12-12:30 p.m. RSVP

**Friday, August 26**

**Nutrition in the Kitchen:  
Nutrition Guidelines  
During & After Cancer**  
12-1 p.m. RSVP

## WEEKLY IN-PERSON EVENTS

**Mondays**

**SHINE Counseling**  
9 a.m.-3 p.m.  
To schedule an  
appointment, call  
866-413-5337

**Every Friday**

**SWFL Produce Box**  
3-4 p.m.  
To place an order, visit  
www.swflproduce.com

## MIND & BODY PROGRAM

\*Class Passes Available for  
Purchase

**Tuesdays (August 2, 9,  
16, 23, 30)**

**Outdoor Chair Yoga**  
9-10 a.m. RSVP  
Instructor: Joann/Kristen

**Fridays (August 5, 12,  
19, 26)**

**Outdoor Strength,  
Balance, & Stretch**  
10:15-11:15 a.m. RSVP  
Instructor: Meredith



## IN-PERSON EVENTS

**Lee Health Coconut Point**

**23450 Via Coconut Point, Estero, FL 33928**

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

**Wednesday, August 3**

**Cooking with Kat:  
Summer Sweet Treats**  
1-2 p.m. RSVP

**Friday, August 5**

**Friends & Family CPR**  
10-11 a.m. RSVP

**Monday, August 8**

**Mobile  
Blood Drive**  
10 a.m.-3 p.m.



To schedule  
an appointment, call  
239-468-0050

**Wednesday, August 10**

**Cooking with Kat: ☀️  
Back to School Meal  
Prep**  
1-2 p.m. RSVP

**Thursday, August 11**

**4th Trimester Club: ☀️  
Family Rhythms**  
10-11 a.m. RSVP

**Friday, August 12**

**Farm to Feed:  
Herbs for Fall**  
9-10 a.m. RSVP

**Monday, August 15**

**Seniors Blue Book  
University: Honor Flight**  
10:30-11:30 a.m. RSVP  
Lunch provided after  
presentation

**Tuesday, August 16**

**It's All About You:  
Chronic Disease Self-  
Management Program  
(6-Week Series)**  
9:30 a.m.-noon  
To register, call  
239-424-3121

**Thursday, August 18**

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

**Friday, August 19**

**Cooking with Kat:  
Summer Hydration**  
1-2 p.m. RSVP

**Wednesday, August 24**

**The Power of Gratitude**  
10-11 a.m. RSVP  
Lunch provided after  
presentation

**Cooking Demo:  
Charcuterie Board**  
2-3 p.m. RSVP

**Thursday, August 25**

**4th Trimester Club: ☀️  
Authentic Relationships**  
10-11 a.m. RSVP

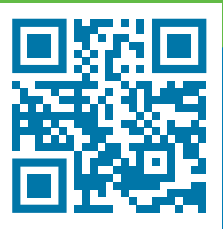
**Wednesday, August 31**

**Cooking Demo:  
Easy Summer  
Appetizers**  
2-3 p.m. RSVP



Golisano Children's Hospital of Southwest Florida Family Program

Healthy Life Center is your **destination** for healthy events in **your area**.



Scan for information

RSVP at 239-468-0050  
healthylifecenter@leehealth.org  
[LeeHealth.org/Events](http://LeeHealth.org/Events)



LEE HEALTH



# Healthy Life Center

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## Healthy Life Center Additional Locations

### HEALTHY LIFE CENTER @ BABCOCK RANCH

Cypress Lodge  
43511 Bluebird Trail  
Punta Gorda, FL 33982

#### IN-PERSON EVENTS

**Thursday, August 11**  
**Beat the Heat with Hydration**  
10-11 a.m. RSVP

**Thursday, August 25**  
**The Power of Gratitude**  
10-11 a.m. RSVP



**BABCOCK RANCH**

### HEALTHY LIFE CENTER @ CYPRESS COVE

Oaks Welcome Center  
16250 Summerlin Road, Suite 102  
Fort Myers, FL 33908

#### IN-PERSON EVENTS

**Friday, August 12**  
**Friends & Family CPR**  
10-11 a.m. RSVP

**Friday, August 26**  
**The Power of Plants**  
10-11 a.m. RSVP



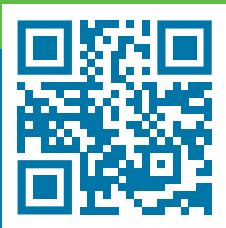
**Please call 239-468-0050 for more information and to register.**



## Personalized Health Navigation Available!

**Are you new to the area? Need a new physician? We are here for you!**

Call 239-468-0050 to speak with one of our Navigators who can connect you with a wide scope of health services.



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