



# Healthy Life Center

## Education and Navigation

NOVEMBER

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

### VIRTUAL EVENTS

**Wednesday, November 9**  
Understanding and Living with Forgetfulness and Dementia  
10-11 a.m. RSVP

**An Attitude of Gratitude**  
12-1 p.m. RSVP

**Monday, November 14**  
Your Mental Health After Hurricane Ian  
12-1 p.m. RSVP  
Dr. Paul Simeone, behavioral health

**Tuesday, November 22,**  
Sun, Skin Care and the Importance of Skin Exams  
10-11 a.m. RSVP

**Wednesday, November 30**  
Commit to Stay Fit: Gift Yourself with Good Nutrition  
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](http://www.swflproduce.com)

### MIND & BODY PROGRAM

\*Class Passes Available for Purchase

**Tuesdays (November 1, 8, 15, 22, 29)**  
**Outdoor Chair Yoga**  
9-10 a.m. RSVP  
Instructor: Kristen

**Fridays (November 4, 11, 18)**  
**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.

**Tuesday, November 1**  
**Balance & Hearing Screenings**  
9 a.m.-2 p.m.

**Wednesday, November 2, 9, 16**  
**3-Week Plant Based Cooking Series**  
11 a.m.-1 p.m.  
Call 239-468-0050 for more information

**Thursday, November 3**  
**4th Trimester Club: Gratitude Visit**  
10-11 a.m. RSVP

**Friday, November 4**  
**Cooking with Kat: Pupusas From Scratch**  
12-1 p.m. RSVP

**Tuesday, November 8**  
**Outdoor Gentle Yoga Flow**  
11:15 a.m.-12:15 p.m. RSVP

**Wednesday, November 9**  
**Therapy Strategies for Freezing of Gait (FOG) with Parkinson's Disease**  
3-4 p.m. RSVP

**Friday, November 11**  
**Florida Groundcover: Your Best Options**  
9-10 a.m. RSVP

**The Scan that May Save Your Life**  
2-3 p.m. RSVP

**Monday, November 14**  
**Incorporating Nutritious & Delicious Carbohydrates for Diabetes**  
10-11 a.m. RSVP

**Tuesday, November 15**  
**Diabetes & Your Feet**  
12-1 p.m. RSVP  
Dr. Lori DeBlasi, podiatrist

**Thursday, November 17**  
**Alzheimer's Caregiver Support Group**  
10 a.m. - noon RSVP

**4th Trimester Club: Everything Thanksgiving**  
10-11 a.m. RSVP

**Acupuncture: Harmonizing with Nature & Seasons**  
12-1 p.m. RSVP

**Friday, November 18**  
**Demystifying Diabetes Drug Selection**  
10-11 a.m. RSVP

**Cooking with Kat: Plant-Based Holiday Dishes**  
1-2 p.m. RSVP

**Tuesday, November 22**  
**Culinary Workshop: Plant-Based Charcuterie Board Make and Take**  
2-4 p.m. RSVP  
Fee: \$15

**Wednesday, November 23**  
**Culinary Workshop: Charcuterie Board Make and Take**  
2-4 p.m. RSVP  
Fee: \$15

**Monday, November 28**  
**Seniors Blue Book University: An Overview of Long Term Care Insurance**  
10:30-11:30 a.m. RSVP

**Tuesday, November 29**  
**Vestibular Support Group**  
1-2:30 p.m. RSVP

**Wednesday, November 30**  
**Cooking with Kat: Granola Making Make and Take**  
1-2 p.m. RSVP  
Fee: \$10

**Please Donate**  
**Monday, November 28**  
**Mobile Blood Drive**  
**Lee Health Coconut Point**  
10 a.m.-3 p.m.



 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](mailto:healthylifecenter@leehealth.org)  
[LeeHealth.org/Events](http://LeeHealth.org/Events)





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## Additional Locations

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

### BABCOCK RANCH

Cypress Lodge  
43511 Bluebird Trail  
Punta Gorda, FL 33982

Thursday, November 3  
Phytonutrients for your Health  
10-11 a.m. RSVP



**BABCOCK RANCH**

### CAPE CORAL

Healthy Life Center  
609 SE 13th Court  
Cape Coral, FL 33990

Thursday, November 3  
How Can I Minimize my  
Fall Risk with Parkinson's?  
10-11 a.m. RSVP

Tuesday, November 15  
Living with Diabetes  
2-3 p.m. RSVP



## 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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