



Healthy Life Center

Education and Navigation

JANUARY

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

VIRTUAL EVENTS

Tuesday, January 17

**Lifestyle Health:
Let's Get Organized**
12-1 p.m. RSVP

Monday, January 30

Virtual Guided Meditation
12-12:30 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

Mondays (January 9, 16, 23, 30)

**Gentle Yoga
(Option of chair)**
10-11 a.m. RSVP
Instructor: Marian

Tuesdays (January 3, 10, 17, 24, 31)

Outdoor Chair Yoga
10-11 a.m. RSVP
Instructor: Kristen

Fridays (January 6, 13, 20, 27)

**Outdoor Strength, Balance,
& Stretch**
10-11 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, January 4, 11, 18

**3-Week Plant Based
Cooking Series**
11 a.m. - 1 p.m.
Call 239-468-0050 for
more information

Thursday, January 5

Kindness Rock Making
10-11:30 a.m. RSVP

Friday, January 6

MyChart Support Walk-In
10 a.m. - noon RSVP
**Cooking with Kat:
Introduction to Herbs
and Spices**
1-2 p.m. RSVP: Fee \$5

Monday, January 9

**Intro to Acupuncture:
More than Needles**
10 - 11 a.m. RSVP

**Seniors Blue Book
University:
Estate Planning & More**
11:30 a.m. - 1 p.m. RSVP
Lunch provided

Tuesday, January 10

**The Latest in Virtual
Health and Telemedicine**
2-3 p.m. RSVP
Dr. Zsolt Kulcsar,
virtual health

Wednesday, January 11

The Basics of Balance
3-4 p.m. RSVP

Thursday January 12

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

Friday, January 13

**Lunch & Learn: Taking
Care of Your Heart**
12-1 p.m. RSVP

Monday, January 16

Rehab Your Golf Swing
1-2 p.m. RSVP

Tuesday, January 17

**Hearing Loss:
Breakthroughs in
Diagnosis & Treatment**
10-11 a.m. RSVP
Dr. Ann Rasmussen,
audiologist
**LHCP Update & RCC
Expansion**
2-3 p.m. RSVP

Wednesday, January 18

Balance Screenings
10 a.m.-2 p.m.
To schedule an
appointment, call
239-468-0050

Thursday, January 19

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

Friday, January 20

**Farm to Feed:
Permaculture**
9-10 a.m. RSVP
**Lunch & Learn:
Deep Brain Stimulation
Therapy for Movement
Disorders**
12-1 p.m. RSVP
Dr. Mandybur, neurosurgery

Healthy Happy Hour:

Let's Get LIFTed
2-3 p.m. RSVP

Tuesday, January 24

Cooking For Parkinson's
3-4 p.m. RSVP

Wednesday, January 25

**Alzheimer's Association
Brain Bus**
9 a.m.-noon

Memory Screenings

9 a.m.-3 p.m. RSVP
**Caregiver College:
Know the 10 Warning
Signs- When Should I Be
Concerned?**
10-11 a.m. RSVP

Thursday, January 26

**Planning Ahead:
Advanced Directives and
End of Life Decisions**
10-11 a.m. RSVP

Friday, January 27

**Nutrition in the Kitchen:
The Mind Diet**
1-2 p.m. RSVP: Fee \$5

Monday, January 30

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

Lunch & Learn: Cervical

**Cancer Screening
Information**
12-1 p.m. RSVP



Scan for information

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

RSVP at 239-468-0050
healthylifecenter@leehealth.org
LeeHealth.org/Events



LEE HEALTH



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, January 12
Alzheimer's Association
Brain Bus
9 a.m.-noon

Healthy Living For Your
Brain and Body
10-11 a.m. RSVP

Thursday, January 26
Memory Screening
9 a.m.-3p.m. To schedule an
appointment, call
239-468-0050



BABCOCK RANCH

CAPE CORAL

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

Wednesday, January 11
Nutrition for Parkinson's
11 a.m.- noon RSVP

Friday, January 13
Lunch & Learn: Deep Brain
Stimulation Therapy for
Movement Disorders
12-1 p.m. RSVP
Dr. Mandybur, neurosurgery

Monday, January 16
Senior Blue Books
University:
Decluttering & Content
Counseling
11:30 a.m. - 1 p.m. RSVP
Lunch provided

Wednesday, January 18
Taking Care of Your Heart
10-11 a.m. RSVP

Thursday, January 19
The Time is Now! Take
Charge of Your Nutrition
2-3 p.m. RSVP

Monday, January 23
Phytonutrients for Your
Health
10-11 a.m. RSVP

Wednesday, January 25
The Basics of Balance
10-11 a.m. RSVP
Thursday, January 26
Osteoarthritis:
"Joint" Us for the Journey
10-11 a.m. RSVP

CYPRESS COVE

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

Friday, January 13
Phytonutrients for
Your Health
10-11 a.m. RSVP

Friday, January 20
Cooking for Two
10-11 a.m. RSVP

Friday, January 27
Taking Care of Your
Heart
10-11 a.m. RSVP



CYPRESS
COVE

Thursday, January 26

Lee Health Coconut Point 23450 Via Coconut Point Estero, FL 33928

Spin with us as we raise funds to benefit the expansion of the Lee Health Regional Cancer Center and Wellness Funds! Invite co-workers, friends, neighbors, and family to help with the cause!

Scan this code to learn more ▶

For questions, email
HealthyLifeCenter@leehealth.org



Lee Health



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



Scan for Information

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