



# Healthy Life Center

Education and Navigation

MARCH

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

### 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

#### Mondays

(March 6, 13, 20, 27)

##### Gentle Yoga

10-11 a.m. RSVP

Instructor: Marian

#### Tuesdays

(March 7, 14, 21, 28)

##### Outdoor Chair Yoga

10-11 a.m. RSVP

Instructor: Kristen

#### Fridays

(March 3, 10, 17, 24, 31)

##### Outdoor Strength, Balance, & Stretch

10-11 a.m. RSVP

Instructor: Meredith



Scan for information

### IN-PERSON EVENTS

#### Lee Health Coconut Point

23450 Via Coconut Point, Estero, FL 33928

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

#### Wednesday, March 1

**Nutrition in the Kitchen: Arthritis and Inflammation**  
12-1 p.m. RSVP  
Fee \$5

#### Monday, March 6

**Nutrition's Role in Kidney Health**  
2-3 p.m. RSVP

#### Tuesday, March 7, 14, 21

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

#### Tuesday, March 7

**Deep Dive into Deep Brain Stimulation**  
4-5 p.m. RSVP  
Dr. George Mandybur, neurosurgery

#### Wednesday, March 8

**Demystifying Dizziness: Part One**  
3-4 p.m.

#### Thursday, March 9

**Coronary Artery Disease: Causes, Symptoms & Treatments**  
10-11 a.m. RSVP

#### Friday, March 10

**Brown Bag Medication Review**  
9 a.m.-noon  
To schedule an appointment, call 239-468-0050

#### What is Ear Pain?

10-11 a.m. RSVP  
Dr. Benjamin Lehmkuhl, otolaryngology

**Cooking Demo: Mediterranean Cuisine**  
1-2 p.m. RSVP: Fee \$5

#### Monday, March 13

**Seniors Blue Book University: Elder Orphans- Planning for Aging Alone**  
11:30 a.m.-1 p.m. RSVP  
Lunch provided

**Introduction to Acupuncture**  
2 p.m.-3 p.m. RSVP

#### Tuesday, March 14

**Skin Cancer Screening**  
8 a.m.-3:30 p.m.  
To schedule an appointment, call 239-468-0050

#### Wednesday, March 15

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

**Aging Athletically**  
10-11 a.m. RSVP

#### Thursday, March 16

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

#### Friday, March 17

**Your Mental Health Assessment**  
1-2 p.m. RSVP  
Dr. Paul Simeone, behavioral health

#### Monday, March 20

**Lunch & Learn: Screening Options for Colon Cancer**  
12-1 p.m. RSVP

#### Wednesday, March 22

**Caregiver College: Why Did you do That? Understanding & Responding to Challenging Behavior**  
10-11 a.m. RSVP

#### Wednesday March 23

**Lifestyle Health: Back to Basics**  
10-11 a.m. RSVP

#### Friday, March 24

**Beyond Medication: Other Treatment Modalities for Chronic Pain**  
10-11 a.m. RSVP

**Cooking Demo: Mason Jar Meals**  
1-2 p.m. RSVP  
Fee \$5

#### Monday, March 27

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

**Women's Basic Self-Defense**  
11a.m.-1 p.m. RSVP

#### Tuesday March 28

**Mental Health First Aid Awareness**  
10-11 a.m. RSVP

**Core and the Pelvic Floor- What's the Link?**  
3-4 p.m. RSVP

#### Wednesday, March 29

**Outdoor Community Yoga**  
9-10 a.m. RSVP

**Allergies, Asthma & Airways**  
10-11 a.m. RSVP

**How to Kick the Sugar Habit**  
12-1 p.m. RSVP  
Fee \$5

**Defeating Dizziness: Part Two**  
3-4 p.m. RSVP

#### Friday, March 31

**The Latest Treatments for Obstructive Sleep Apnea**  
1-2 p.m. RSVP  
Dr. Jose Colon, sleep medicine

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



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





# Healthy Life Center

Education and Navigation

**MARCH**

**HEALTHY LIFE CENTER @  
BABCOCK RANCH**

Cypress Lodge  
43511 Bluebird Trail  
Punta Gorda, FL 33982

**Thursday, March 9**  
Advanced Directives  
10-11 a.m. RSVP

**Thursday, March 23**  
The Power of Gratitude  
10-11 a.m.



**BABCOCK RANCH**

**HEALTHY LIFE CENTER @  
WELLWAY CAPE CORAL**

609 SE 13th Court  
Cape Coral, FL 33990

**Wednesday, March 1**  
Demystifying Dizziness:  
Part One  
10-11 a.m. RSVP

**Thursday, March 9**  
Too Fit to Fracture:  
Part One  
10-11 a.m.

**Monday, March 13**  
Card Skimmers 101:  
What you Should Know to  
Protect Yourself  
10-11 a.m. RSVP

**Tuesday, March 14**  
Get in Rhythm:  
A-fib Awareness  
10-11 a.m.

**Thursday, March 16**  
The Power of Gratitude  
10-11 a.m.

Nutrition's Role in Kidney  
Health  
2-3 p.m. RSVP

**Monday, March 20**  
Senior Blue Book University:  
Estate Planning & More  
11:30 a.m.-1 p.m. RSVP

**Wednesday, March 22**  
Defeating Dizziness:  
Part Two  
10-11 a.m. RSVP

**Thursday, March 23**  
Too Fit to Fracture:  
Part Two  
10-11 a.m. RSVP

**Thursday, March 30**  
Kindness Rock Painting  
2-3 p.m. RSVP

**WELLWAY**

**HEALTHY LIFE CENTER @  
CYPRESS COVE**

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

**Friday, March 3**  
Nutrition for Cognitive  
Function  
10-11 a.m. RSVP

**Friday, March 24**  
Snacking for your Health  
10-11 a.m. RSVP

**Friday, March 31**  
Women's Heart Health  
10-11 a.m. RSVP



## Personalized Health Navigation Available

Are you new to the area? Need a new physician? We are here for you!  
Please call 239-468-0050 for more information and to register.

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



Scan for Information

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**healthylifecenter@leehealth.org**  
**LeeHealth.org/Events**



**LEE HEALTH**