



Healthy Life Center

Education and Navigation

AUGUST

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 (Aug. 7, 14, 21, 28)

Gentle Yoga

9-10 a.m. RSVP

Instructor: Marian

Tuesdays (Aug. 1, 8, 15, 22, 29)

Outdoor Chair Yoga

9-10 a.m. RSVP

Instructor: Kristen

Thursdays (Aug. 3, 10, 17, 24, 31)

Outdoor Strength, Balance, & Stretch

9-10 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, August 1

Cooking Demo: Adventures in Veggie Land

Noon-1 p.m. RSVP

Fee: \$5

Yoga Nidra

5-6 p.m.

Friday, August 4

MyChart Walk-in Support

10 a.m.-noon

Wednesday, August 9

Virtual:

Breath Work

Noon-1 p.m. RSVP

Thursday, August 10

Lifestyle Health:

How Healthy Are My Relationships?

Noon-1 p.m. RSVP

Friday, August 11

Walking Meditation and Laughter Yoga

7-8 a.m. RSVP

Mindful Eating Workshop

10 a.m.-noon RSVP

Fee: \$5

Monday, August 14

Senior Blue Book University: Pre-Planning Your Final Arrangements

11:30 a.m.-1 p.m. RSVP

Lunch provided

Tuesday, August 15

Meal Planning for Weight Loss

1-3 p.m. RSVP

Fee: \$5

Wednesday, August 16

Lunch and Learn:

Lung Cancer Prevention and Screening Guidelines

Noon-1 p.m. RSVP

Thursday, August 17

Alzheimer's Caregiver

Support Group

10 a.m.-noon RSVP



Friday, August 18

Farm to Feed:

All About Moringa

9:30-10:30 a.m. RSVP

Monday, August 21

Lunch and Learn - Have You

Heard? Lee Health Does

Cardiac Surgical Research -

Cutting Edge & Close to Home!!

Noon-1 p.m.

Tuesday, August 22

Nutrition for Affordable Eating

11 a.m.-noon RSVP

Wednesday, August 23

Virtual:

Five Things You Should Ask Your Primary Care Provider

Noon-1 p.m.

Dr. Juliana Odetunde,

primary care

Friday, August 25

Asthma vs. COPD:

How to Tell the Difference

10-11 a.m. RSVP

Healthy Happy Hour:

Game Night

2-3 p.m. RSVP

Tuesday, August 29

Seniors Driving Safely

10-11 a.m. RSVP

Wednesday, August 30

Safely Slimming Down:

Unveiling the Truth About

Weight Loss Medications

10-11 a.m. RSVP

Beating Hypertension with Nutrition and Lifestyle Interventions

Noon-1 p.m. RSVP



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



LEE HEALTH



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Education and Navigation

AUGUST

HEALTHY LIFE CENTER @ BABCOCK RANCH

Lake Timber Lodge
42147 Lake Timber Drive
Punta Gorda, FL 33982

Thursday, August 10
Mango Madness
10-11 a.m. RSVP

Thursday, August 24
Friends & Family CPR
10-11 a.m. RSVP



BABCOCK RANCH

HEALTHY LIFE CENTER @ WELLWAY CAPE CORAL

609 SE 13th Court
Cape Coral, FL 33990

Thursday, August 17
Kicking the Sugar Habit
10-11 a.m. RSVP

Monday, August 21
**Senior Blue Book University:
Collier & Lee Honor Flight**
11:30 a.m.-1 p.m. RSVP
Lunch provided

Tuesday, August 22
**Lifestyle Health: Your
Environmental Detox**
10-11 a.m. RSVP

Monday, August 28
**Have You Heard? Lee Health
Does Cardiac Surgical
Research - Cutting Edge &
Close to Home!**
11 a.m.-noon RSVP

Wednesday, August 30
**Healthy Happy Hour:
Game Night**
11 a.m.-noon RSVP

Thursday, August 31
Yoga Nidra
5-6 p.m. RSVP

WELLWAY

HEALTHY LIFE CENTER @ CYPRESS COVE

16451 Healthpark Commons
Drive
Fort Myers, FL 33908

Friday, August 11
**Lifestyle Health: Creating
Healthy Boundaries**
10-11 a.m. RSVP

Friday, August 25
**Growing Your Garden at
Home: How to Spice Up
Your Meals**
10-11 a.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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