



# Healthy Life Center

Education and Navigation

**DECEMBER  
2023**

## 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 (December 4, 11, 18)

#### Gentle Yoga

10-11 a.m. RSVP

Instructor: Kristen

### Tuesdays (December 5, 12, 19, 26)

#### Outdoor Chair Yoga

10-11 a.m. RSVP

Instructor: Kristen

### Fridays (December 1, 8, 15, 22, 29)

#### Outdoor Strength, Balance, & Stretch

9-10 a.m. RSVP

Instructor: Meredith

### Tai Chi

1-2 p.m. RSVP

Instructor: Tai

**New Class!**

## IN-PERSON EVENTS

### Lee Health Coconut Point

23450 Via Coconut Point, Estero, FL 33928

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

### Friday, December 1

#### MyChart Walk-in Support

10 a.m.-noon

#### Grief and the Holidays

2-3 p.m. RSVP

### Tuesday, December 5

#### Women's Basic Self-Defense Program

10 a.m.-noon RSVP

lunch provided

### TAVR for Aortic Stenosis

3-4 p.m. RSVP

Dr. David Cervantes, cardiothoracic surgery

### Wednesday, December 6, 13, 20

#### 3 Week Plant Based Cooking Series

Dec. 6, Noon-2p.m.

Dec. 13, 10 a.m.-noon

Dec. 20, 10 a.m.-noon

Fee: \$75 RSVP

### Friday, December 8

#### Schedule Your Day The "Ayurvedic Way"

11 a.m.-12:30 p.m. RSVP

Fee: \$10

#### Teas and Treats: Learn About Aortic Aneurysms

1-2 p.m. RSVP

Dr. Michal Nawalany, Vascular Surgery

### Monday, December 11

#### Senior Blue Book

University: The

#### Importance of Baseline Screenings

Noon-1:30 PM RSVP

Lunch provided

### Tuesday, December 12

#### Hip & Knee Pain:

#### Are They Related?

11 a.m.-noon RSVP

### Wednesday, December 13

#### Virtual Series: What do Healthy Boundaries Look Like?

Noon-12:30 p.m.

### Thursday, December 14

#### Nutrition in The Kitchen: Keeping Your Colon Happy

10-11 a.m. RSVP

#### How to be Happy

11:30-12:30 a.m. RSVP

### Friday, December 15

#### Lunch & Learn: Is it Time to try Acupuncture?

Noon-1 p.m. RSVP

Lunch provided

### Thursday, December 21

#### Alzheimer's Caregiver Support Group

10 a.m.-noon RSVP

### Friday, December 22

#### Cooking Demo: Root Vegetables for The Holidays

11 a.m.-12:30 p.m. RSVP

Fee: \$5

### Wednesday, December 27

#### Virtual Series: Holly Jolly is Over...Now What?

Noon-12:30 p.m.

### Thursday, December 28

#### Culinary Workshop: Greek Cuisine

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

Fee: \$15



Scan for information

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)



**LEE HEALTH**



# Healthy Life Center

Education and Navigation

**DECEMBER  
2023**

**HEALTHY LIFE CENTER @  
BABCOCK RANCH**

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

**Thursday, December 14**  
**Understanding &  
Responding to Dementia  
Related Behaviors**  
10 a.m. to 11 a.m. RSVP



**BABCOCK RANCH**

**HEALTHY LIFE CENTER @  
WELLWAY CAPE CORAL**

609 SE 13th Court  
Cape Coral, FL 33990

**Friday, December 8**  
**Nutrition for the Holidays**  
10-11 a.m. RSVP

**Tuesday, December 12**  
**Goal Setting for the New  
Year**  
2-3 p.m. RSVP

**Wednesday, December 13**  
**Women's Basic Self-  
Defense Program**  
10 a.m.-noon RSVP

**Thursday, December 14**  
**How to be Happy**  
5-6 p.m. RSVP

**Monday, December 18**  
**Senior Blue Book  
University: Senior Living  
Options in SWFL**  
Noon-1:30 p.m. RSVP  
Lunch provided

**WELLWAY**

**HEALTHY LIFE CENTER @  
CYPRESS COVE**

16451 Healthpark  
Commons Drive  
Fort Myers, FL 33908

**Friday, December 15**  
**The Power of  
Phytonutrients**  
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.

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



Scan for information

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