

LEE MEMORIAL  
HEALTH SYSTEM

# Healthy Life Center

AT COCONUT POINT



## Your destination for services and education to support a healthy lifestyle

### Every Wednesday and Saturday

#### Walking Club

8:30 – 9:30 a.m.

### Tuesday, May 3

#### Posture, the Window to Health

1:30 – 2:30 p.m. (RSVP)

#### What is Type 3 Diabetes?

3 – 4 p.m. (RSVP)

Teresa Spano, naturopathic consultant

### Wednesday, May 4

#### Pills vs. Plants

10:30 – 11:30 a.m. (RSVP)

Dr. Salvatore Lacagnina, internal medicine

### Thursday, May 5

#### Early Heart Attack/Heart Failure Prevention

11 a.m. – noon (RSVP)

#### Advocating for Yourself or a Loved One in a Complicated Healthcare System

1 – 2 p.m. (RSVP)

#### Meet and Greet with the Care Manager

2 – 3 p.m. (RSVP)

### Friday, May 6

#### Solutions to Eliminate Foot Pain

11 a.m. – noon (RSVP)

### Saturday, May 7

#### Parkinson's Functional Screening

9:30 a.m. – 1 p.m. (RSVP)

Call 239-343-4962 to register

#### Ballroom Dancing Demonstration

2:30 – 3:30 p.m.

### Monday, May 9

#### Introduction to Tai Chi

10 – 11 a.m. (RSVP)

### Tuesday, May 10

#### Heart Report Card

10:30 a.m. – 3:30 p.m. (RSVP)

Call 239-424-1499 for fees and to make an appointment

### Wednesday, May 11

#### Mediterranean Diet Cooking Demonstration

11 a.m. – noon (RSVP)

### Thursday, May 12

#### Fall Prevention Fair- vendors and screenings available

Partners Preventing Falls (Celebrating Trauma Awareness Month)

9:30- 11:30 a.m.

#### Kidney Health and Function

12 – 1 p.m. (RSVP)

#### Metabolism and Circadian Rhythms Nutrition Talk

2 – 3 p.m. (RSVP)

### Friday, May 13

#### Sleep Better- Exploring Basic Sleep Disorders

11 a.m. – noon (RSVP)

#### Sleep Assessments and Sleep Technology Demonstration

12 – 2 p.m.

### Monday, May 16

#### Skin Cancer Prevention and Early Detection Talk and Free Screening

11 a.m. – 2:30 p.m. (RSVP)

### Tuesday, May 17

#### Living Strong with a Weak Heart: Basics of Heart Failure

10:30 – 11:30 a.m. (RSVP)

#### Aging in Place Talk and Lifeline Demonstration

2 – 3 p.m. (RSVP)

### Wednesday, May 18

#### Body Composition Testing and Guidance

10 a.m. – 1 p.m. (RSVP)

#### Top Ten Rules to Maintaining a Healthy Aging Brain

1:30 – 2:30 p.m. (RSVP)

### Thursday, May 19

#### Surprising Symptoms of Acid Reflux: No Time for Heartburn

11 a.m. – noon (RSVP)

Dr. Peter M. Denk, general surgeon

#### Beyond Metformin: Integrative Diabetes

3 – 4 p.m. (RSVP)

Dr. Heather Auld, integrative medicine

### Saturday, May 21

#### Babywearing 101

10:30 – 11:30 a.m. (RSVP)

### Monday, May 23

#### New Advances in Hip Replacement Techniques

12 – 1 p.m. (RSVP)

Dr. Dan Harmon, orthopedic surgeon

### Tuesday, May 24

#### Equal But Different: Boomers, Older Adults and Addiction

11:30 a.m. – 1 p.m. RSVP to  
executivedir@drugfreeswfl.org

### Wednesday, May 25

#### New Advancements in the Diagnosis and Treatment of Shoulder Problems

12 – 1 p.m. (RSVP)

Dr. John Mehalik, orthopedic surgeon

### Thursday, May 26

#### Early Heart Attack/Heart Failure Prevention

3 – 4 p.m. (RSVP)



**RSVPs ARE REQUIRED.** For reservations call 239-495-4475 or email [HealthyLifeCenter@LeeMemorial.org](mailto:HealthyLifeCenter@LeeMemorial.org). Light refreshments provided.

Open: 9 a.m.-6 p.m., Monday-Friday  
9 a.m.-4 p.m., Saturday

23190 Fashion Drive, Suite 105, Estero, FL 33928



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