

LEE MEMORIAL
HEALTH SYSTEM

Healthy Life Center

AT COCONUT POINT



Your destination for services and education to support a healthy lifestyle

Every Monday

Yoga
5 p.m.

Every Wednesday and Saturday

Walking Club
8:30 – 9:30 a.m.

Tuesday, August 2

The Reality of E-Cigarettes, Tobacco and an FDA Regulatory Update

10-11 a.m. (RSVP)

Natural Solutions to Lower Back Pain

2-3 p.m. (RSVP)

Friday, August 5

National Breastfeeding Day Latch On Celebrations

Call 239-495-4475 for more information

Healthy Foot Solutions
11 a.m.- Noon (RSVP)

Saturday, August 6

Free Vision Screening for Children

10 a.m.- 3 p.m. (Call 239-495-4475 for an appointment)

Monday, August 8

Medicare 101
10-11 a.m. (RSVP)

Back to School Florida Kid Care
11 a.m.- 2 p.m.

Yoga- All Levels, Please Bring a Mat

5-6 p.m. (RSVP)

Tuesday, August 9

Heart Report Card
10:30 a.m.- 3:30 p.m.

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

The Benefits of Acupuncture and Laser Therapy for Pain Management
4-5 p.m.

Wednesday, August 10

Brain Health- Alzheimer's, Vascular Dementia and Neurodegenerative Disease

10:30-11:30 a.m. (RSVP)
Salvatore Lacagnina, D.O., internal medicine

Thursday, August 11

Heart Health 101
11 a.m.-Noon (RSVP)

Nutritional Management for High Cholesterol
2-3 p.m. (RSVP)

Friday, August 12

Tips and Tools for Downsizing
10-11 a.m. (RSVP)

Monday, August 15

New Advances in Joint Replacement
12-1 p.m. (RSVP)

Dan Harmon, D.O., orthopedic surgeon

Yoga- All Levels, Please Bring a Mat
5-6 p.m. (RSVP)

Tuesday, August 16

Living Strong with a Weak Heart: Basics of Heart Failure
10:30-11:30 a.m. (RSVP)

Learn How Music and Movement Can Improve Your Memory!
1-2 p.m. (RSVP)

Wednesday, August 17

Food is Medicine and Cardiac Surgery
5:30-6:30 p.m. (RSVP)

Paul DiGiorgi, M.D., cardiothoracic surgery
Brian Taschner, M.D., cardiologist

Thursday, August 18

Understanding Alzheimer's Disease and Dementia
10-11:30 a.m. (RSVP)

Advocating in a Complicated Healthcare System: Advance Directives and Living Wills
12:30-2 p.m. (RSVP)

Protect Your Heart Naturally
3-4 p.m. (RSVP)
Teresa Spano, naturopathic consultant

Friday, August 19

Bike Maintenance and Tune Up
10:30-11:30 a.m. (RSVP)

Benefits of Dental Implants and Alternatives for Sleep Apnea
1-2 p.m. (RSVP)

Richard Gilbert, DMD, dentist
Lacy Gilbert, DMD, dentist

Monday, August 22

Brain Boosters: Train Your Brain Like Any Other Part of Your Body
10-11 a.m. (RSVP)
Space is limited to 8 attendees
\$5 Fee

Don't Eat it, Touch it or Breathe it
3-4 p.m. (RSVP)
Heather Auld, M.D., integrative medicine

Yoga- All Levels, Please Bring a Mat
5-6 p.m. (RSVP)

Tuesday, August 23

MyChart Education: Managing Your Health One Click at a Time
10-11 a.m. (RSVP)

Quit Smoking Now
6 week class; 8/23 to 9/27
Call 239-495-4475 for more information

Wednesday, August 24

New Advancements in the Diagnosis of Treatment in Shoulder Problems

12-1 p.m. (RSVP)
John Mehalik, M.D., orthopedic surgeon

Back to School: How to Pack Healthy Lunches and Increase Fruits and Vegetables
5-6 p.m. (RSVP)

Thursday, August 25

Skin Cancer Prevention and Early Detection Talk
11 a.m. - Noon (RSVP)

Free Skin Cancer Screening
12- 2:30 p.m., Call 239-495-4475 to make an appointment

Monday, August 29

Stress Relief Creating Greeting Cards- Arts in Healthcare Series
10:30-11:30 a.m. (RSVP)

Aging In Reverse
3-4 p.m. (RSVP)
Heather Auld, M.D., integrative medicine

Yoga- All Levels, Please Bring a Mat
5-6 p.m. (RSVP)

Tuesday, August 30

Surprising Symptoms of Acid Reflux: No Time for Heartburn
10:30-11:30 a.m. (RSVP)

Peter M. Denk, M.D., general surgeon

How to Kick the Sugar Habit
2-3 p.m. (RSVP)

Wednesday, August 31

Talking Books for the Visually Impaired
10-11 a.m. (RSVP)



RSVPs ARE REQUIRED. For reservations call 239-495-4475 or email 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



www.LeeMemorial.org/HealthyLifeCenter • 239-495-4475