



Healthy Life Center

AT COCONUT POINT

Every Monday

Yoga – all levels welcome, please bring a mat
5-6 p.m.
Call 239-495-4475 to RSVP

Every Tuesday

Free Blood Pressure Screening
9 a.m.-1 p.m.

Babes and Babies Fitness Class
9-10 a.m.
\$5 drop in fee

Every Wednesday and Saturday

Walking Club
8:30-9:30 a.m.

Million Mile Movement
Track miles at HealthyLee.com

Every other Thursday (3/9, 3/23)

Fourth Trimester Club
12-1 p.m.
Moms and children under 1 year

Every Friday

SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net

Wednesday, March 1

No Stress Writing Group for Support and Inspiration
4 week series (3/1, 3/8, 3/15, 3/22)
9-10:30 a.m. RSVP

Parkinson's Disease and Function: Benefits of Therapy
3-4 p.m. RSVP

Dizziness, Vertigo or Balance Problems? - How a Registered Dietitian Can Help
5-6 p.m. RSVP

Thursday, March 2

Hearing Screenings
9-11 a.m. Call 239-495-4475 for an appointment

New Hearing Aid Technology
11 a.m.-noon RSVP
Dr. Ann Rasmussen, audiologist

Friday, March 3

Beauty Care: Using Essential Oils
11:30 a.m.-1 p.m. RSVP
\$10 fee includes DIY product

Guided Meditation

2-2:30 p.m. RSVP
Dr. Jose Colon, sleep medicine

Excursion: Yoga on the Beach

5:30-6:30 p.m. RSVP
Location: 505 Barefoot Beach Blvd. Bonita Springs
\$8 parking or Collier County beach pass for entry

Saturday, March 4

Essential Oils 101
10-11 a.m. RSVP

Paint and Smoothies: Serenity Waterfall
1-3:30 p.m. RSVP
Everything provided: apron, paint, palette, brushes, canvas, plus a delicious smoothie!
\$35 Fee

Monday, March 6

Protecting Your Identity
10-11 a.m. RSVP

Tuesday, March 7

Heart Report Card
10:30 a.m.-3:30 p.m.
Call 239-424-1499 for fees/appointment.
A noninvasive screening for those who may not have symptoms, but could be at risk for heart disease.

10 Day Detox Kick-Off Seminar

4-6 p.m. RSVP
Dr. Heather Auld, integrative medicine
Teresa Spano, naturopathic consultant
Call 239-495-4475 for pricing.

Wednesday, March 8

Parkinson's Series: Power Up Your Moves
3-4 p.m. RSVP

Dizziness, Vertigo or Balance Problems? - How an Occupational Therapist Can Help
5-6 p.m. RSVP

Thursday, March 9

Diabetic Eye Disease and Macular Degeneration
3-4 p.m. RSVP
Dr. Nisha Warriar, ophthalmologist

The Pyramid of Facial Rejuvenation
5-6 p.m. RSVP
Dr. Patrick Flaharty, facial cosmetic surgeon

Friday, March 10

Eye Screenings
1-1:30 p.m. Call 239-495-4475 for an appointment

The "Eyes" Have It!
1:30-2 p.m. RSVP
Dr. Brad Snead, ophthalmologist

Monday, March 13

Brain Booster: Train Your Brain Like Any Other Part of Your Body
10-11 a.m. RSVP
\$5 Fee

Fitness Beyond 50

3-4 p.m. RSVP

Tuesday, March 14

Functional Medicine Series: Factors of Hormone Imbalance
11 a.m.-noon RSVP

Lee Health Village Information Session: Growth Coming in 2018
3-3:30 p.m. RSVP

Wednesday, March 15

My Rotator Cuff Surgery Failed; What Can I Do?
12-1 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

Parkinson's Series: Let Yourself Be Heard
3-4 p.m. RSVP

Dizziness, Vertigo or Balance Problems? - How a Physical Therapist Can Help
5-6 p.m. RSVP

Thursday, March 16

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

Preventing Colorectal Cancer with a Healthy Gut
3-4 p.m. RSVP

Friday, March 17

Depression Screenings
9 a.m.-4 p.m. Call 239-495-4475 for an appointment

Monday, March 20

Build a Salad Jar with SWFL Produce
12-1 p.m. RSVP

Tuesday, March 21

CarFit: Safety "Fit" Screening for Older Drivers and Their Vehicles
8:30 a.m.-noon RSVP
Location: Coconut Point Mall Theatre roundabout

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

Restless Leg Syndrome and Nighttime Leg Cramps
4-5 p.m. RSVP
Dr. Joseph Magnant, vascular surgeon

Wednesday, March 22

Healthy Eating Utilizing Frozen Produce: Smoothie Tasting
11 a.m.-noon RSVP

Parkinson's Series: Safe Swallowing and Flexing Your Brain
3-4 p.m. RSVP

Thursday, March 23

Excursion: Adult Living Symposium-Fair and Presentation
2:30-4:30 p.m. RSVP
Location: Lee Memorial Hospital Auditorium
2776 Cleveland Ave., Ft. Myers



Friday, March 24

Book Club and Discussion: The Telomere Effect
(Authors: Blackburn and Epel)
9-11 a.m. RSVP

Monday, March 27

Brain Booster: Train Your Brain Like Any Other Part of Your Body
10-11 a.m. RSVP
\$5 Fee

Common Brain Injuries in the Elderly and Potentials for Recovery
1-2 p.m. RSVP
Dr. Bryant Vuong, physical medicine & rehabilitation specialist

Tuesday, March 28

Spirituality and Wholeness
11-11:45 a.m. RSVP

Nut Butter Tasting and Lecture
1-2 p.m. RSVP

Shibley Cardiothoracic Center Leaders Series: Food is Medicine and Cardiac Surgery
5:30-6:30 p.m. RSVP
Dr. Brain Taschner, cardiologist
Dr. Paul DiGiorgi, cardiothoracic surgeon

Wednesday, March 29

Talking Books for the Visually and Physically Impaired
10-11 a.m. RSVP

Parkinson's Series: Taking Care of Business
3-4 p.m. RSVP

Thursday, March 30

Telehealth and Lifeline Demo/Blood Pressure Screening
10 a.m.-1 p.m. RSVP

Functional Medicine Approach to Pain
5-6 p.m. RSVP
Dr. Sebastian Klisiewicz, physiatrist

Friday, March 31

Brown Bag with a Pharmacist
10:30 a.m.-1 p.m. RSVP
Call 239-495-4475 for an appointment

Healthy Life Center
23190 Fashion Drive, Suite 105
Estero, FL 33928

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

For information, call 239-495-4475

For upcoming events, go to LeeHealth.org/HealthyLifeCenter

