



# Healthy Life Center

Your destination for services and education to support a healthy lifestyle.  
For upcoming events, go to [LeeHealth.org/HealthyLifeCenter](http://LeeHealth.org/HealthyLifeCenter).



**Coconut Point** 23190 Fashion Drive, Suite 105, Estero, FL 33928 For reservations call 239-495-4475.

### Every Tuesday and Thursday

#### Free Blood Pressure Screening

Tuesdays, 9 a.m.-1 p.m.  
Thursdays, 12-4p.m.

### Every Tuesday

#### Babes and Babies Fitness Class

9 - 10 a.m. RSVP  
\$5 drop in fee

### Every Wednesday

#### Yoga Classes - all levels welcome, please bring a mat

3:30-4:30 p.m.  
5-6 p.m.  
Call 239-495-4475 to RSVP

### Every Wednesday and Saturday

#### Walking Club

8:30-9:30 a.m.

### Every other Thursday (2/8, 2/22)

#### 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](http://swflproduce.net)

### Thursday, February 1

#### Advanced Directives and Living Wills

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

### Friday, February 2

#### Line Dancing Your Way to Health 4 Week Series-Feb 2, 9, 16, 23

5-6 p.m. RSVP

### Saturday, February 3

#### Mommy and Me Yoga

Lakes Regional Park Children's Garden  
9-10 a.m. RSVP

7330 Gladiolus Drive, Fort Myers

### Monday, February 5

#### Smart Shopping for Lowering Your Cancer Risk

10-11:30 a.m. RSVP  
Publix 21301 S. Tamiami Trail, Estero

#### Medical Advancements in Minimally Invasive Hip and Knee Replacements

2:30-3:30 p.m. RSVP  
Dr. Daniel Harmon, orthopedic surgeon

#### Dizziness, Vertigo or Balance Problems? - How an Otolaryngologist Can Help

4-5 p.m. RSVP  
Dr. Patrick Reidy, otolaryngologist

### Tuesday, February 6

#### CARFIT - Car Safety Check

9 a.m.-noon RSVP  
Coconut Point Mall Theatre Roundabout

#### Vein Screenings

3-4 p.m.  
Dr. Ronnie Word, vascular surgeon  
Call 239-495-4475 to make an appointment

#### Food is Medicine

5-6 p.m. RSVP  
Dr. Brian Taschner, cardiologist

### Wednesday, February 7

#### Whole Food Plant Based Living Monthly Meet Up

11 a.m.-noon RSVP

#### Parkinson's Series: Introduction to Parkinson's Disease

1-2 p.m. RSVP

### Thursday, February 8

#### Local Farmers and Food Experts Panel

3-5 p.m. RSVP

### Friday, February 9

#### Cooking Demo: Lowering Inflammation Through Food

11 a.m.-noon RSVP

### Monday, February 12

#### Protect Your Heart Naturally

10-11 a.m. RSVP

#### Dizziness, Vertigo or Balance Problems? - How An Audiologist Can Help

4-5 p.m. RSVP  
Dr. Shanai Hill, audiologist

### Tuesday, February 13

#### Cut the Salt, Keep the Flavor!

1-3 p.m. RSVP

### Wednesday, February 14

#### Parkinson's Series: Integrative Approaches to Complete Traditional Medications for Parkinson's Disease

1-2 p.m. RSVP  
Dr. Heather Auld, integrative medicine

### Thursday, February 15

#### Apple Class: How to Organize Your Photos

10-11 a.m. RSVP

#### Brown Bag Medication Review with a Pharmacist

3:30-5:30 p.m.  
Call 239-495-4475 for an appointment

### Saturday, February 17

#### Memory Café

10 a.m.-noon RSVP

### Monday, February 19

#### Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body

10-11 a.m. RSVP (Fee: \$5)

#### Vestibular Support Group

2:30-3:30 p.m. RSVP

#### Meniere's Disease: A Common Cause of Vertigo and Imbalance

4-5 p.m. RSVP  
Dr. Samuel Hill, otolaryngologist

### Tuesday, February 20

#### Heart Disease Data-What Really Makes the Most Difference

10:30-11:30 a.m. RSVP  
Dr. Salvatore Lacagnina, internal medicine

### Wednesday, February 21

#### Parkinson's Series: Exercise and Mobility/Benefits of Therapy: Power Up Your Moves

1-2 p.m. RSVP

#### Guided Meditation for Wellness

2:30-3 p.m. RSVP

### Thursday, February 22

#### Book Club: Mind Over Meds (Author: Andrew Weil, MD)

9-11 a.m. RSVP

### Saturday, February 24

#### Aesthetics of Aging

10-11 a.m. RSVP  
Dr. Cherrie Morris, ob/gyn

### Monday, February 26

#### Diabetes Prevention Program Information Session

10-11 a.m. RSVP

#### Dizziness, Vertigo or Balance Problems? How an Occupational Therapist Can Help

4-5 p.m. RSVP

### Tuesday, February 27

#### Stroke and Alzheimer's Disease Prevention Part 1


5-6 p.m. RSVP  
Dr. Nasser Razack, neurointerventional radiologist

### Wednesday, February 28

#### Parkinson's Series: Balance and Fall Prevention: A Balancing Act

1-2 p.m. RSVP

**Wellness Center—Cape Coral on back**

 Golisano Children's Hospital of Southwest Florida Family Program





# Healthy Life Center

Your destination for services and education to support a healthy lifestyle.  
For upcoming events, go to [LeeHealth.org/HealthyLifeCenter](http://LeeHealth.org/HealthyLifeCenter).



**Wellness Center—Cape Coral 609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210.**

### Every Wednesday

#### Walking Club

7 - 7:30 a.m.

### Every other Thursday (2/1, 2/15)

#### Fourth Trimester Club



10-11 a.m.

Waiting Room: Family Birth Place  
Cape Coral Hospital  
Moms and children under 1 year

### Thursday, February 1

#### Moving to a "New You" - 8 Week Program to a Whole Healthy Lifestyle

9-10 a.m. (2/1 - 3/22)

Call 239-424-3237 for pricing and information

### Friday, February 2

#### Vestibular Support Group

10-11 a.m. RSVP

### Monday, February 5

#### Parkinson's Series: Swallowing and Cognition: Safe Swallow and Flexing Your Brain

10-11 a.m. RSVP

#### Repairing Your Heart without Surgery

1-2 p.m. RSVP

Dr. Robert Cross, cardiologist

#### Advancements in the Treatment of Hand and Upper Extremities

4-5 p.m. RSVP

Dr. Christopher Myer, orthopedic surgeon

### Tuesday, February 6

#### Cooking Demo: Lowering Inflammation Through Food

11 a.m.-noon RSVP

#### Advantages of Trans Catheter Aortic Valve Replacement (TAVR) Technology for Severe Aortic Stenosis

5-6 p.m. RSVP

Dr. Brian Hummel, cardiothoracic surgeon

### Thursday, February 8

#### Hope Parkinson's Support Group

2-3 p.m.

### Friday, February 9

#### Memory Café

10 a.m.-noon RSVP

Cape Coral Hospital, Classroom A,  
636 Del Prado Blvd. Cape Coral  
Call 239-424-3210 for more information

### Monday, February 12

#### Parkinson's Series: Exercise and Mobility/Benefits of Therapy: Power Up Your Moves

10-11 a.m. RSVP

#### Brain Boosters: Train your brain like any other part of your body

12-1 p.m. RSVP

Cost \$5

#### Stroke and Alzheimer's Disease Prevention Part 1

5 - 6 p.m. RSVP

Dr. Nasser Razack,  
neurointerventional radiologist

### Tuesday, February 13

#### Is There a Bathroom Nearby?

9-10 a.m. RSVP

#### Whole Food Plant Based Living Group Monthly Meet Up

5:30-6:30 p.m. RSVP

### Thursday, February 15

#### Protect Your Heart Naturally

10-11 a.m. RSVP

#### Nutrition-Take It to Heart

1-2 p.m. RSVP

#### Car Seat Safety Class



5:30-6:30 p.m. RSVP

### Monday, February 19

#### Parkinson's Series: Bladder and Bowel Dysfunction and Management

10-11 a.m. RSVP

#### Stroke and Alzheimer's Disease Prevention, Part 2

5-6 p.m. RSVP

Dr. Nasser Razack,  
neurointerventional radiologist

### Tuesday, February 20

#### Book Club: Mind Over Meds

(Author: Andrew Weil, M.D.)

9-11 a.m. RSVP

#### Nutrition Series: Phytonutrients, Why Should I Care?

5-6 p.m. RSVP

Dr. Heather Auld, integrative medicine

### Thursday, February 22

#### What is Vein Disease -Causes, Symptoms and Treatments

11 a.m.- 12 noon RSVP

Dr. Ronnie Word, vascular surgeon

#### Nutrition Series: The Fundamental Nature of Rest, Movement, and Nutrition

5-6 p.m. RSVP

Dr. Jose Colon, sleep medicine

### Monday, February 26

#### Parkinson's Series: Balance and Fall Prevention: A Balancing Act

10-11 a.m. RSVP

#### Self Defense

2-3 p.m. RSVP

### Tuesday, February 27

#### All About Ears

9 -10 a.m. RSVP

#### Hearing Screenings and Video Ear Inspections

10-11 a.m.

Call 239-424-3210 for an appointment

#### Nutrition Series: The Anti-Inflammatory Diet

5-6 p.m. RSVP

#### Computer and Technology Classes

Cape Coral Hospital Computer Lab  
Call 239-424-3210 for pricing and registration

#### North Fort Myers Recreation Center

2000 N. Recreation Park Way  
North Fort Myers

#### Saturday, February 3 Recreation and Wellness Expo

9 a.m.-noon

#### Wednesday, February 21 SHARE Club Dinner Dance

5-8 p.m.

\$10 Fee

RSVP to 239-424-3210



Golisano Children's Hospital of  
Southwest Florida Family Program

