



Healthy Life Center

Your destination for services and education to support a healthy lifestyle.
For upcoming events, go to LeeHealth.org/HealthyLifeCenter.



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

Blood Pressure Screenings
Tuesdays: 9 a.m.-1 p.m.
Wednesdays: 9a.m.-1 p.m.
Thursdays: 12-4 p.m.

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

Every Wednesday
Yoga Class – all levels welcome, please bring a mat
3:30-4:30 p.m.
Call 239-495-4475 to RSVP

Sunset Yoga on the Lawn
5-6 p.m.
Join us on the lawn beside Florida Blue
Call 239-495-4475 to RSVP

Every Wednesday and Saturday
Walking Club
8:30 - 9:30 a.m.

Every other Thursday (3/8, 3/22)
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

Friday, March 2
Stroke and Alzheimer's Disease Prevention, Part 2
5-6 p.m. RSVP
Dr. Nasser Razack, neurointerventional radiologist

Saturday, March 3
Mommy and Me Yoga ☀️
9-10 a.m. RSVP
Lakes Regional Park, 7330 Gladiolus Dr., Fort Myers

What's New in Ears?
11:30 a.m.-1:30 p.m. RSVP
Light lunch provided

Monday, March 5
Dine and Discover: True Food Kitchen
5375 Tamiami Trail Suite 15, Naples
11 a.m.-noon RSVP

Dizziness, Vertigo or Balance Problems? - How a Physical Therapist Can Help
4-5 p.m. RSVP

Tuesday, March 6
Impact of Sleep on Physical and Emotional Stress
11 a.m.-noon RSVP

Wednesday, March 7
Whole Food Plant Based Living Monthly Meet Up
11 a.m.-noon RSVP

Parkinson's Series: Voice and Communication: Let Yourself Be Heard
1-2 p.m. RSVP

Thursday, March 8
How to Get a Job with Lee Health
9-10 a.m. RSVP

Managing Your Health One Click at a Time: MyChart Demonstration
3-4 p.m. RSVP

Friday, March 9
Cooking Demo: Superfoods or Super Myths?
11 a.m.-noon RSVP

Spinal Health: What You Need to Know
4-5 p.m. RSVP

Saturday, March 10
Parkinson's Disease Functional Screenings
9 a.m.-1 p.m.
For an appointment please call 239-343-4960

Monday, March 12
Dizziness, Vertigo or Balance Problems? - How A Podiatrist Can Help
4-5 p.m. RSVP
Dr. Andrew Belis, podiatry

Diabetes Prevention Program (1 Year Program)
6-7 p.m.
Registration required. Please call 239-424-3127

Tuesday, March 13
Update on Lee Health Coconut Point
3-4 p.m. RSVP

Car Seat Safety Class ☀️
5:30-6:30 p.m. RSVP

Wednesday, March 14
Why Can't I Sleep Like A Baby?
10-11 a.m. RSVP

Parkinson's Series: Swallowing and Cognition: Safe Swallow and Flexing Your Brain
1-2 p.m. RSVP

Thursday, March 15
Mini Memory Screenings
9:30 a.m.-4 p.m.
Please call 239-495-4475 for an appointment

Repairing Hearts without Surgery
4-5 p.m. RSVP
Dr. Robert Cross, cardiologist

Saturday, March 17
Memory Café
10 a.m.-noon RSVP

Monday, March 19
Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body
10-11 a.m. RSVP \$5 fee

Medical Advancements in Minimally Invasive Hip and Knee Replacements
2-3 p.m. RSVP
Dr. Daniel Harmon, orthopedic surgeon

Dizziness, Vertigo or Balance Problems? - How a Neuro-Ophthalmologist Can Help
4-5 p.m. RSVP
Dr. Rachid Aouchiche, neuro-ophthalmologist

Wednesday, March 21
What Does it Mean to Live Clean?
11:30 a.m.-12:30 p.m. RSVP

Parkinson's Series: Activities of Daily Living: Taking Care of Business
1-2 p.m. RSVP

Guided Meditation for Wellness
2:30-3 p.m. RSVP

Thursday, March 22
Frauds and Scams
10-11 a.m. RSVP

Friday, March 23
Quiet the Mind: Tapping Points into Stillness
2-3 p.m. RSVP

Monday, March 26
Book Club: Gut Bliss (Author: Dr. Robynne Chutkan)
9-11 a.m. RSVP

Tuesday, March 27
Excursion: Trail Walk at CREW
15970 Bonita Beach Rd. SE, Bonita Springs
9-11:30 a.m. RSVP

Wednesday, March 28
Parkinson's Series: Bladder and Bowel Dysfunction and Management in PD
1-2 p.m. RSVP

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

Every Wednesday
Free Blood Pressure Screening
8 a.m.-2 p.m.

Every Wednesday
Walking Club
7-7:30 a.m.

Every other Thursday (3/1, 3/15, 3/29)
Fourth Trimester Club ☀️
10-11 a.m.
Family Birth Place Waiting Room, Cape Coral Hospital
Moms and children under 1 year

Thursday, March 1
Life Care Planning for the 21st Century
10-11 a.m. RSVP

Nutrition Series: Can Diet Affect Chronic Pain?
5-6 p.m. RSVP
Dr. Sebastian Klisiewicz, physiatrist

Friday, March 2
Recognizing and Preventing Brain Injuries in Adult Sports
3-4 p.m. RSVP

Monday, March 5
Parkinson's Series: Activities of Daily Living: Taking Care of Business
10-11 a.m. RSVP

Healthy Weight Management for Cancer Prevention
1-2 p.m. RSVP

Managing Your Health One Click at a Time: MyChart Demonstration
3-4 p.m. RSVP

Tuesday, March 6
Cooking Demo: Superfoods or Super Myths?
11 a.m.-noon RSVP

Nutrition Series: Food is Medicine
5-6 p.m. RSVP
Dr. Brian Taschner, cardiologist

Wednesday, March 7
Osteoarthritis: "Joint" Us for the Journey
1-2 p.m. RSVP

New Advancements in the Diagnosis and Treatment of Shoulder Problems
3-4 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

Thursday, March 8
Hope Parkinson's Support Group
2-3 p.m.

Nutrition Series: Nutrigenomics-Have Your Food Control the Destiny of Your Genes
5-6 p.m. RSVP

Friday, March 9
Memory Café
10 a.m.-noon RSVP
Cape Coral Hospital, Classroom A

Vision & Hearing Screenings
1-4 p.m.
Call 239-424-3765 for an appointment

Monday, March 12
Brain Booster: Train Your Brain Like You Would Any Other Part of Your Body
12-1 p.m. RSVP \$5 fee

Virtual Dementia Memory Tour
2-5 p.m.
Call 239-424-3765 to make an appointment

Tuesday, March 13
Why Can't I Sleep Like A Baby?
10-11 a.m. RSVP

What Does it Mean to Live Clean?
4-5 p.m. RSVP

Whole Food Plant Based Living Monthly Meet Up
5:30-6:30 p.m. RSVP

Wednesday, March 14
Diabetes Prevention Program Information Session
10-11 a.m. RSVP

Thursday, March 15
Superfoods for Your Health
1-2 p.m. RSVP

Excursion: Healthy Happy Hour
4-5 p.m. RSVP
Ada's Juice Bar, 7070 College Parkway, Fort Myers

Friday, March 16
SHARE Club Picnic at the Park
Join us for a day in the park - lunch included
11 a.m.- 1 p.m. RSVP
Lakes Regional Park, 7330 Gladiolus Dr., Fort Myers
Cost \$10

Tuesday, March 20
Excursion Cooking Demo: Get Your Greens
LeeSar Cooking Demo Kitchen, 2727 Winkler Ave., Fort Myers
10-11 a.m. RSVP

Impact of Sleep on Physical and Emotional Stress
11 a.m.-noon RSVP

Epigenetics, Cancer and Chronic Disease
12:30-1:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

Wednesday, March 21
Frauds and Scams
10-11 a.m. RSVP

Thursday, March 22
Dine and Discover: Two Sisters Vietnamese Cuisine
11:30 a.m. - 1:00 p.m. RSVP
1311 S. Del Prado Blvd Unit A-B, Cape Coral

Monday, March 26
Basic Self Defense
2-3 p.m. RSVP

Tuesday, March 27
CARFIT- Car Safety Check
9 a.m.-noon RSVP
Call 239-424-3765 for an appointment

Thursday, March 29
Book Club: Gut Bliss (Author: Dr. Robynne Chutkan)
1-3 p.m. RSVP

Computer and Technology Classes
Cape Coral Hospital Computer Lab
Call 239-424-3765 for pricing and registration

☀️ Golisano Children's Hospital of Southwest Florida Family Program

