



# 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).



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

### Free Blood Pressure Screenings

Tuesdays: 9 a.m.-1 p.m.  
Wednesdays: 9 a.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 (4/5, 4/19)

**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)

### Tuesday, April 3

**Step Wise Lee: Fall Prevention**  
2-3 p.m. RSVP

### Wednesday, April 4

**Whole Food Plant Based Living Monthly Meet Up**  
11 a.m.-noon RSVP

### Saturday, April 7

**Mommy and Me Yoga**  
9-10 a.m. RSVP  
Location: Lakes Park Children's Garden  
7330 Gladiolus Drive, Fort Myers 33908

**Retina Eye Diseases: Macular Degeneration, Retinal Vein Occlusion, Retinal Detachment and More**  
10:30-11:30 a.m. RSVP  
Dr. Katrina Mears, ophthalmologist

**Ballroom Dancing**  
1:30-2:15 p.m. RSVP

### Monday, April 9

**Plantar Fasciitis**  
3-4 p.m. RSVP  
Dr. Chelsea Viola, podiatry

### Tuesday, April 10

**Balance Screenings**  
2-4 p.m.  
Call 239-495-4475 for an appointment

**Exceptional Child Parenting Classes (8 week series)** ☀️  
6-8 p.m. child care provided  
For questions and to register please call 239-343-6468

### Wednesday, April 11

**Lee Health Volunteer Information/ Recruitment Session**  
11 a.m.-noon RSVP

### Thursday, April 12

**Fitness Apps on Your Apple Device**  
8-9 a.m. RSVP  
Location: Apple Store Coconut Point Mall

**Rock Out with the Band: Resistance Band Basics**  
10-11 a.m. RSVP

### Friday, April 13

**Cooking Demo: Incorporating Plant-Based Milks**  
11 a.m.-noon RSVP

### Saturday, April 14

**Parkinson's Functional Screening Clinic**  
Call 239-343-4960 for an appointment

### Monday, April 16

**Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body**  
10-11 a.m. RSVP (Fee: \$5)

### Self-Care Workshop

11:30 a.m.-12:30 p.m. RSVP

### Finding Hope for Living Well with Parkinson's Disease

1:30-3:00 p.m. RSVP

### Tuesday, April 17

**Alzheimer's, Dementia and Other Neurodegenerative Diseases**  
10:30-11:30 a.m. RSVP  
Dr. Salvatore Lacagnina, internal medicine

### Young Again: A Baby Boomer's Guide to Facial Rejuvenation

4-5 p.m. RSVP  
Dr. Patrick Flaharty, cosmetic surgeon

### Wednesday, April 18

**Dementia Conversations: I Have the Diagnosis, Now What?**  
10-11 a.m. RSVP

### Advances in the Diagnosis and Treatment of Shoulder Pain

12-1 p.m. RSVP  
Dr. John Mehalik, orthopedic surgeon

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

### Thursday, April 19

**Past Life Regression Group Session**  
2-4 p.m. (Fee: \$35)  
Call 239-495-4475 to register

### Saturday, April 21

**Memory Café**  
10 a.m.-noon RSVP

**Essential Oils— Natural Solutions for Spring Cleaning: Make & Take It**  
1-2:30 p.m. RSVP (Fee: \$10)

### Monday, April 23

**Book Club: The Zero-Waste Lifestyle** (Author: Amy Korst)  
9-11 a.m. RSVP

### Wednesday, April 25

**Lee Health Coconut Point Project Update**  
10-11 a.m. RSVP

### Thursday, April 26

**Shortcuts When Shopping For Senior Living – What You Need To Know BEFORE You Start Your Search**  
11 a.m.-1 p.m. RSVP

### Saturday, April 28

**Mental Health First Aid**  
8 a.m.-4 p.m. (Fee: \$25)  
For questions and to register please call 239-343-6468

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

### Every Wednesday

**Free Blood Pressure Screenings**  
Wednesdays: 8 a.m.-2 p.m.

### Walking Club

7-7:30 a.m. Wellness Center  
4-4:30 p.m. Main Entrance

### Every other Thursday (4/12, 4/26)

**Fourth Trimester Club** ☀️  
10-11 a.m.  
Waiting Room: Family Birth Place Cape Coral Hospital  
Moms and children under 1 year

### Monday, April 2

**Smart Shopping for Lowering Your Cancer Risk**  
Location: Publix, 2420 Santa Barbara Blvd. Cape Coral, FL 33914  
10-11:30 a.m.  
Call 239-424-3765 to register

### Friday, April 6

**Updates On Hearing Loss**  
10-11 a.m. RSVP  
Dr. Maura Chippendale, audiologist

### Sunday, April 8

**Exceptional Child Parenting Classes (8 week series)** ☀️  
2:30-4:30 p.m. child care provided  
For questions and to register please call 239-343-6468

### Monday, April 9

**Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body**  
12-1 p.m. RSVP (Fee: \$5)

### Is Unexpressed Stress Affecting Your Health?

2-3 p.m. RSVP

### Tuesday, April 10

**Lee Health Volunteer Information/ Recruitment Session**  
11 a.m.-noon RSVP

### Loosen Up the Joints, Lighten Up the Aches and Pains

1:30-2:30 p.m. RSVP

### Whole Food Plant Based Living Monthly Meet Up

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

### Thursday, April 12

**Hope Parkinson's Support Group**  
2-3 p.m.

### Friday, April 13

**Memory Café**  
10 a.m.-noon RSVP  
Cape Coral Hospital – Classroom A  
636 Del Prado Cape Coral, FL 33990

### Monday, April 16

**Self-Care Workshop**  
4:30-5:30 p.m. RSVP

### Tuesday, April 17

**Cooking Demo: Incorporating Plant-Based Milks**  
11 a.m.-noon RSVP

### Wednesday, April 18

**My First Tri: Expectations vs. Realities**  
6-7 p.m. RSVP

### Thursday, April 19

**Getting Protein Through Plants**  
5-6 p.m.. RSVP

### Friday, April 20

**Advances in the Treatment and Diagnosis of Shoulder Pain**  
1-2 p.m. RSVP  
Dr. John Mehalik, orthopedic surgeon

### Monday, April 23

**Basic Self Defense**  
2-3 pm RSVP (Fee: \$5)

**Step Wise Lee: Fall Prevention**  
4-5 p.m. RSVP

### Tuesday, April 24

**Book Club: The Zero-Waste Lifestyle** (Author: Amy Korst)  
1-3 p.m. RSVP

**Guided Meditation for Wellness**  
5:30-6 p.m. RSVP

### Wednesday, April 25

**My First Tri: Just Keep Swimming**  
6-7 p.m. RSVP

### Thursday, April 26

**Mental Health First Aid**  
9-5 p.m. RSVP  
For questions and to register please call 239-343-6468  
Fee:\$25

### Monday, April 30

**Balance Screenings**  
1-3 p.m. RSVP  
Call 239-424-3765 for an appointment

**Computer and Technology Classes**  
Cape Coral Hospital Computer Lab  
Call 239-424-3765