



Healthy Life Center

Your destination for services and education to support a healthy lifestyle.
For upcoming events, go to 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.
Thursdays: 12-4 p.m.

Every Monday

SHINE Counseling

9 a.m.-3 p.m.
Call 866-413-5337 to request an appointment.

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.
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 (5/3, 5/17, 5/31)

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, May 2

Whole Food Plant Based Living Monthly Meet Up

11 a.m.-noon RSVP

Saturday, May 5

Mommy and Me Yoga

9-10 a.m. RSVP
Location: Lakes Park Children Garden
7330 Gladiolus Dr., Fort Myers

Monday, May 7

Dine and Discover: Zoe's Kitchen

11 a.m.-12:30 p.m. RSVP
22941 Lyden Dr., Suite 110, Estero

Vestibular Support Group

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

Thursday, May 10

Movie Day: Wonder

11 a.m.-1 p.m. RSVP

All About Genetic Testing and Cancer Risk Assessment

4-5 p.m. RSVP

Friday, May 11

Cooking Demo: Fun with Fungi!

11 a.m.-noon RSVP

Past Life Regression

2-4 p.m. (Fee: \$40)
Call 239-495-4475 to register

Monday, May 14

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

11 a.m.-noon (5/14-7/9)
Call 239-424-3237 for pricing and information

Current Trends in the Treatment of Common Hand Problems

4-5 p.m. RSVP
Dr. Christopher Myer, orthopedic surgeon

Thursday, May 17

CPR Friends & Family

2-4 p.m. RSVP

Friday, May 18

Mobile Autism Screening Program

9 a.m.-2:30 p.m.
RSVP to 239-343-6838

Saturday, May 19

Memory Café

10 a.m.-noon RSVP

Monday, May 21

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

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

Tuesday, May 22

Lee Health Coconut Point Project Update

11 a.m.-noon RSVP

Wednesday, May 23

Guided Meditation for Wellness

2:30-3 p.m. RSVP

Thursday, May 24

The Ketogenic Diet

10-11 a.m. RSVP

Supplements: Essential or Snake Oil?

1-2 p.m. RSVP

Sleep 101

5-6 p.m. RSVP
Dr. Ernesto Eusebio Morales, sleep medicine

Friday, May 25

Book Club: How Not to Die

(Author: Dr. Michael Greger)
9-11 a.m. RSVP

Revitalizing Breath Work

2-4 p.m. (Fee: \$40)
Call 239-495-4475 to register

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

Every Tuesday

SHINE Counseling

10 a.m.-2 p.m.
SHARE Club office
Call 866-413-5337 to request an appointment.

Every Wednesday

Walking Club

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

Every other Thursday (5/10, 5/24)

Fourth Trimester Club

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

Tuesday, May 1

Past Life Regression

5:30-7:30 p.m. (Fee: \$40)
Call 239-424-3765 to register

Friday, May 4

Vestibular Support Group

10-11 a.m. RSVP

Monday, May 7

Movie Day: Wonder

11 a.m.-1 p.m. RSVP

Tuesday, May 8

ECHO Global Farm Tour

9:30-11 a.m. (Fee: \$10.50) RSVP
17391 Durrance Rd., North Fort Myers
Call 239-424-3765 to register

Whole Food Plant Based Living Monthly Meet Up

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

Wednesday, May 9

Nutrition for Sports Performance

5-6 p.m. RSVP

Thursday, May 10

Hope Parkinson's Support Group

2-3 p.m.

Sleep 101

5-6 p.m. RSVP
Dr. Ernesto Eusebio Morales, sleep medicine

Friday, May 11

Memory Café

Cape Coral Hospital – Classroom A
636 Del Prado Blvd., Cape Coral
10 a.m.-noon RSVP

Monday, May 14

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

12-1 p.m. (Fee: \$5) RSVP

Thursday, May 17

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

5-6 p.m. (5/17-7/5)
Call 239-424-3237 for pricing and information

Monday, May 21

Cooking Demo Topic: Fun with Fungi!

11 a.m.-noon RSVP

All About Genetic Testing and Cancer Risk Assessment

5-6 p.m. RSVP

Tuesday, May 22

The Ketogenic Diet

10-11 a.m. RSVP

Older Americans Month Lunch and Learn: How Committed Are You to Your Health?

12-1:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

Guided Meditation for Wellness

5:30-6 p.m. RSVP

Wednesday, May 23

Book Club: How Not to Die

(Author: Dr. Michael Greger)
10 a.m.-noon RSVP

My First Tri: Goal Setting and Lifestyle

5-6 p.m. RSVP

Thursday, May 24

CPR Friends & Family

2-4 p.m. RSVP

Tuesday, May 29

Nutrition for Arthritis and Inflammation

10-11 a.m. RSVP

Dine and Discover: Café YOU

1423 SE 10th St., Cape Coral
11:30 a.m.-1 p.m. RSVP

Wednesday, May 30

My First Tri: Biking Basics

5-6 p.m. RSVP

Computer and Technology Classes

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

Healthy Life Center Celebrates National Senior Health and Fitness Day

Wednesday, May 30

Active Today...Healthier Tomorrow!

Babcock Ranch: 239-424-3210
42880 Crescent Loop, Suite 100
Babcock Ranch, FL 33982

Come take a tour of our newest Healthy Life Center!

Beginners Yoga

1:30-2:15 p.m. RSVP

Nutrition for Seniors

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

Coconut Point: 239-495-4475
23190 Fashion Drive, Suite 105
Estero, FL 33928

Walking Club

8:30-9:30 a.m.

Nutrition for Seniors

10-11 a.m. RSVP

Yoga

3:30 or 5 p.m. RSVP

Cape Coral: 239-424-3210
609 SE 13th Ct. Cape Coral, FL 33990

Please join us for a free fitness or Mind and Body class.

Register at 239-424-3220

Walking Club

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

Nutrition for Seniors

1-2 p.m. RSVP

Fort Myers: 239-424-3210
3114 Cleveland Ave.
Fort Myers, FL 33901

Please join us for a free fitness class.

Register at 239-343-4980

Nutrition for Seniors

1-2 p.m. RSVP

