



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.
Call 239-495-4475 to RSVP

Every other Thursday (7/12, 7/26)

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

Tuesday, July 3

My First Tri: Nutrition for Triathletes
5-6 p.m. RSVP

Monday, July 9

Ouch, Why Does the Bottom of my Foot Hurt?

4-5p.m. RSVP
Dr. Harry Cotler, podiatrist

Tuesday, July 10

Connecting with your Multidimensional Self

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

Wednesday, July 11

Whole Food Plant-Based Series: Plant-Based Proteins

12-1 p.m. RSVP

Thursday, July 12

Nordic Pole Walking for a Full Body Workout

9-10 a.m. RSVP

Friday, July 13

It's Heating Up! Grilling Basics Cooking Demo

11 a.m.-noon RSVP

New Advancements in the Diagnosis and Treatment of Shoulder Pain

1-2 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

Saturday, July 14

Hearing and Vision Talk & Screenings

1-3:30 p.m.
Dr. Ann Rasmussen, audiologist
Dr. Giovana Galasquide, optometrist
Call 239-495-4475 for an appointment

Monday, July 16

Brain Boosters Recap
10-11 a.m. RSVP

How to Set Realistic Health Goals

1-2 p.m. RSVP

Wednesday, July 18

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

Thursday, July 19

My First Tri: The Basics of Triathlon Training

5-6 p.m. RSVP

Friday, July 20

Mini Memory Screenings

10 a.m. – 3 p.m.
Call 239-495-4475 for an appointment

Saturday, July 21

Memory Café

10 a.m.-noon RSVP

Monday, July 23

The Holistic Approach of Mind & Body Services

2-3 p.m. RSVP

Tuesday, July 24

Balance Screenings

1-3 p.m.
Call 239-495-4475 for an appointment

Wednesday, July 25

Visualization and Walking Meditation
9:30-10 a.m. RSVP

Thursday, July 26

Exercise is Medicine: Using Exercise to Improve Your Heart Health
10-11 a.m. RSVP

Skin Cancer Talk and Screenings

2-5 p.m.
Call 239-495-4475 for an appointment

Friday, July 27

Kindness Rocks Project

10-11 a.m. RSVP

Monday, July 30

Occupational Therapy Screenings

10 a.m. – noon
Call 239-495-4475 for an appointment

Tuesday, July 31

Independent Living Options for Today's Seniors in SWFL

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

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

Every other Thursday (7/5, 7/19)

Fourth Trimester Club

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

Monday, July 9

Brain Boosters Recap

12-1 p.m. RSVP

Melasma vs. Hyperpigmentation: What's the Difference and How to Treat

3-4 p.m. RSVP
Dr. Kimberly Werner, dermatologist

Tuesday, July 10

Kindness Rocks Project

3-4 p.m. RSVP

Whole Food Plant-Based Series: Plant Based Proteins

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

Thursday, July 12

Hope Parkinson's Support Group

2-3p.m.

Friday, July 13

Memory Café

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

Tuesday, July 17

It's Heating up! Grilling Basics Cooking Demo

11 a.m.-noon RSVP

Revitalizing Breathwork

5:30-7:30 p.m. Fee: \$40
Call 239-495-4475 to register

Wednesday, July 18

Dine & Discover – Fish Tale Grill

11:30 a.m.-1p.m. RSVP
1229 SE 47th Terrace, Cape Coral, FL

Friday, July 20

New Advancements in the Diagnosis and Treatment of Shoulder Pain

1-2 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

Monday, July 23

Basic Self Defense

2-3 p.m. RSVP Fee: \$5

Advances in Conservative and Surgical Treatments of Ankle Pain and Arthritis

4-5 p.m. RSVP
Dr. Khoa Nguyen, podiatrist

Tuesday, July 24

Mini Memory Screenings

10 a.m.-3 p.m.
Call 239-424-3210 for an appointment

Leaky Gut

4-5 p.m. RSVP

Guided Meditation

5:30-6 p.m. RSVP
Dr. Jose Colon, sleep medicine

Wednesday, July 25

Nordic Pole Walking for a Full Body Workout

2-3 p.m. RSVP

Thursday, July 26

The Holistic Approach of Mind & Body Services

10-11 a.m. RSVP

Car Seat Safety Class

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

Tuesday, July 31

Balance Screenings

1-3 p.m.
Call 239-424-3210 for an appointment

Computer and Technology Classes

Cape Coral Hospital and Lee Memorial Hospital Computer Labs

Call 239-434-3765 for pricing and registration

Healthy Life Center-Babcock Ranch
42880 Crescent Loop, Suite 100, Babcock Ranch, FL 33982
For reservations call 239-424-3210

Every Monday & Wednesday

Running Club

7 a.m.
Call 239-343-3540

Tuesday, July 10

Nutritional Management of High Cholesterol

3-4p.m. RSVP

Saturday, July 14

Family Yoga

9-10 a.m. RSVP

Thursday, July 19

Kindness Rocks Project

10-11a.m. RSVP

Wednesday, July 25

Introduction to Brain Boosters

10-11a.m. RSVP

 Golisano Children's Hospital of Southwest Florida Family Program

A Community Partner of
HealthyLee
CHOOSE.COMMIT.CHANGE!

 **LEE HEALTH**
Caring People. Inspiring Health.