



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 other Thursday (6/14, 6/28)

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

Saturday, June 2

Mommy and Me Yoga

9-10 a.m. RSVP

Ballroom Dancing

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

Wednesday, June 6

Whole Food Plant-Based Living

Monthly Meet Up

11 a.m.-noon RSVP

Friday, June 8

Cooking Demo: Nutrition for Memory

11 a.m.-noon RSVP

Saturday, June 9

Daddy and Me: Fun and Safety

9-11 a.m. RSVP

Monday, June 11

Foot Care and Safety for Seniors

4-5 p.m. RSVP
Chelsea Viola, podiatry

Tuesday, June 12

Lee Health Coconut Point Project Update

4-5 p.m. RSVP

Hurricane Preparedness 2018

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

Wednesday, June 13

Protecting Your Identity

10-11 a.m. RSVP

Thursday, June 14

Integrative Medicine Office Tours

10-11 a.m. RSVP
26800 S. Tamiami Trail, #350
Bonita Springs, FL

Prostate Health: BPH, Cancer and Prostatitis

4:30-5:30 p.m. RSVP
Dr. Alejandro Miranda-Sousa, urologist

Friday, June 15

Exploring CCRCs (Continuing Care Retirement Communities) in SWFL

11 a.m. – 1 p.m. RSVP

Saturday, June 16

Memory Café

10 a.m.-noon RSVP

Monday, June 18

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

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

Get Regular: The Mechanics of the Bowel

3-4 p.m. RSVP

Tuesday, June 19

Living Strong with a Weak Heart

11 a.m.-noon RSVP

iQuit Tobacco Cessation Class

5-6:30 p.m.
Call 877-819-2357 to register

Wednesday, June 20

Guided Meditation for Wellness

2:30-3 p.m. RSVP

Thursday, June 21

All About Yoga: The Poses and Benefits

9-10 a.m. RSVP

Dine and Discover: Ted's Montana Grill

11:30 a.m.-1:30 p.m. RSVP
8017 Plaza del Lago Dr.
Estero, FL 33928

Tuesday, June 26

My First Tri: Goal Setting

5-6 p.m. RSVP

Thursday, June 28

Medications: Choices and Effects

4-5 p.m. RSVP

Car Seat Safety Class

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

Healthy Life Center—Cape Coral on back

National Speakers Series • Monday June 4

Helping Happiness: How to lift your mood and your life

Dr. Darren Morton, lifestyle medicine

Monday, June 4 • 6-7 p.m.

First Christian Church

2061 McGregor Blvd., Ft. Myers

RSVP to 239-424-3234 or

speakersseriesRSVP@leehealth.org



Golisano Children's Hospital of
Southwest Florida Family Program



LEE HEALTH
Caring People. Inspiring Health.



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—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 other Thursday (6/7, 6/21)

Fourth Trimester Club

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

Friday, June 1

Vision and Hearing Talks with Mini Screenings

11:30 a.m.-1:30 p.m.
Call 239-424-3210 to register

Monday, June 4

Balance Awareness Series: The Building Blocks of Balance

10-11 a.m. RSVP

Wednesday, June 6

Senior Living Options in the Cape

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

Friday, June 6

Memory Café

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

Be Aware - Be Safe

10-11:30 a.m. RSVP

Monday, June 11

Balance Awareness Series: Facing the Fear of Falling

10-11 a.m. RSVP

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

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

Protecting Your Identity

2-3 p.m. RSVP

Hurricane Preparedness 2018

5-6 p.m. RSVP

Tuesday, June 12

Cooking Demo: Nutrition for Memory

11 a.m.-noon RSVP

Whole Food Plant-Based Living Monthly Meet Up

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

Wednesday, June 13

My First Tri: Nutrition

5-6 p.m. RSVP

Thursday, June 14

Hope Parkinson's Support Group

2-3 p.m.

Friday, June 15

Physical Therapy Screening

10:30 a.m.-12:30 p.m.
Call 239-424-3210 for an appointment

Monday, June 18

Balance Awareness Series: Demystifying and Defeating Dizziness

10-11 a.m. RSVP

iQuit Tobacco Cessation Class

5-6:30 p.m.
Call 877-819-2357 to register

Tuesday, June 19

Revitalizing Breathwork

5:30-7:30 p.m. (Fee: \$40)
Call 239-424-3210 to register

Wednesday, June 20

Living Strong with a Weak Heart

10-11 a.m. RSVP

Thursday, June 21

All About Yoga: The Poses and Benefits

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

Ingredient Swaps for Healthy Recipes

1-2 p.m. RSVP

Friday, June 22

Adventurous Food

10-11 a.m. RSVP

Monday, June 25

Balance Awareness Series: Victory Over Vertigo - Vestibular Disorders and How Therapy can Help

10-11:00 a.m. RSVP

Basic Self Defense

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

Advancements in the Diagnosis and Treatment of Shoulder Pain

4-5 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon

Tuesday, June 26

Guided Meditation for Wellness

5:30-6 p.m. RSVP

Wednesday, June 27

My First Tri: Running Basics

5-6 p.m. RSVP

Computer and Technology Classes

Cape Coral Hospital Computer Lab
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

Tuesday, June 12

My First Tri: Expectations vs. Reality

3:30-4:30 p.m. RSVP

Thursday, June 14

Nutrition for Arthritis and Inflammation

2-3 p.m. RSVP

Tuesday, June 19

Dine & Discover: Table & Tap

Babcock Ranch 42860 Crescent Loop, Punta Gorda, FL 33982
11:30 a.m.- 1:00 p.m. RSVP

Revitalizing Breathwork

12-2 p.m. (Fee: \$40)
Call 239-424-3210 to register

Thursday, June 21

World Yoga Day Expo: Yoga Marathon

10 a.m.-4 p.m. RSVP
\$10 all day, all-access pass