

Healthy Life Center

Your Health and Wellness Destination.

AUGUST 2018

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

EVERY MONDAY

SHINE Counseling

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

EVERY TUESDAY

Free Blood Pressure Screenings

9 a.m.-1 p.m.

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 (8/9, 8/23)

Fourth Trimester Club

12-1 p.m.
Moms and children younger than 1 year

EVERY FRIDAY

SWFL Produce Box Pickup

4-6 p.m.
To place an order visit swflproduce.net

WEDNESDAY, AUGUST 1

Whole Food Plant - Based Living Series: Growing Your Food
12-1 p.m. RSVP

SATURDAY, AUGUST 4

Mommy and Me Yoga
9-10 a.m. RSVP

World Breastfeeding Week:

The Big Latch On
10-11 a.m. RSVP

MONDAY, AUGUST 6

Vestibular Support Group
2:30-3:30 p.m. RSVP

WEDNESDAY, AUGUST 8

Movie Day: "Forks Over Knives"
10 a.m.-noon RSVP

THURSDAY, AUGUST 9

Cooking Demo: Eating the Rainbow – Salads
11 a.m.-noon RSVP

FRIDAY, AUGUST 10

Connecting with your Multidimensional Self
2-4 p.m. Fee: \$40
Call 239-495-4475 to register

SATURDAY, AUGUST 11

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

WEDNESDAY, AUGUST 15

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

Excursion: Locally Grown Farmers Market

4-5:30 p.m.
Location: Purple Spoon, 25151 Chamber of Commerce Drive, Bonita Springs

THURSDAY, AUGUST 16

Brown Bag with a Pharmacist
9-11 a.m.
Call 239-495-4475 to register

The Anti-Inflammatory Diet
11 a.m.-noon RSVP

Prostate Health

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

SATURDAY, AUGUST 18

Memory Café
10 a.m.-noon RSVP

Bloodmobile

1-7 p.m.
Location: Movie Theater Roundabout

MONDAY, AUGUST 20

Physical Therapy Screenings
10 a.m.-noon
Call 239-495-4475 for an appointment

WEDNESDAY, AUGUST 22

Smart Shopping for Cancer Prevention-Grocery Tour
10-11:30 a.m.
Location: Publix Corkscrew Village, 21301 S. Tamiami Trail, Estero
Call 239-495-4475 to register

THURSDAY, AUGUST 23

The MIND Diet
10-11 a.m. RSVP

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

WEDNESDAY, AUGUST 29

Choosing Essential Oils for Relaxation, Stretching, and Meditation
2-3 p.m. RSVP Fee: \$5

THURSDAY, AUGUST 30

Lee Health - Coconut Point Update
4-5 p.m. RSVP

FRIDAY, AUGUST 31

Plant Based Lifestyle – Community Cooking Class
6-8 p.m.
Location: Purple Spoon, 25151 Chamber of Commerce Drive, Bonita Springs
Call 239-495-4475 for details

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 (8/2, 8/16, 8/30)

Fourth Trimester Club

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

FRIDAY, AUGUST 3

Vestibular Support Group
10-11 a.m. RSVP

World Breastfeeding Week:

The Big Latch On
10-11 a.m. RSVP
Location: Gymnasium

TUESDAY, AUGUST 7

Smart Shopping for Cancer Prevention - Grocery Tour
10-11:30 a.m.
Location: Publix, 2420 Santa Barbara Blvd., Cape Coral
Call 239-424-3210 to register

Connecting with your Multidimensional Self

5:30-7:30 p.m. Fee: \$40
Please call 239-424-3210 to register

WEDNESDAY, AUGUST 8

Osteoarthritis: "Joint" Us for the Journey
1-2 p.m. RSVP

THURSDAY, AUGUST 9

Movie Day: "Forks Over Knives"
10 a.m.-noon RSVP

Hope Parkinson's Support Group
2-4 p.m.

Working Creatively with Stress to Find Peace
4:30-5:30 p.m. RSVP

FRIDAY, AUGUST 10

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

MONDAY, AUGUST 13

Balance Series: Building Blocks of Balance
10-11 a.m. RSVP

TUESDAY, AUGUST 14

Cooking Demo: Eating the Rainbow – Salads
11 a.m.-noon RSVP

Epigenetics: Discovering the Destiny of your DNA
4-5 p.m. RSVP

Dr. Salvatore Lacagnina, internal medicine

Whole Food Plant-Based Series: Growing Your Food

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

THURSDAY, AUGUST 16

Dine & Discover CRAVE
11:30 a.m.-1 p.m. RSVP
Location: 12901 McGregor Blvd., Fort Myers

Fad Diets
1-2 p.m. RSVP

FRIDAY, AUGUST 17

Healthy Happy Hour
4-5 p.m. RSVP
Location: Mind & Body Studio

Guided Meditation 3-Week Series (8/17, 8/24, 8/31)

5-6 p.m. RSVP (Fee: \$5 per class)
Location: Mind & Body Studio

MONDAY, AUGUST 20

Balance Series: Facing the Fear of Falling
10-11 a.m. RSVP

THURSDAY, AUGUST 23

Choosing Essential Oils for Relaxation, Stretching, and Meditation
2:30-3:30 p.m. RSVP (Fee \$5)

MONDAY, AUGUST 27

Balance Series: Demystifying and Defeating Dizziness
10-11 a.m. RSVP

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

WEDNESDAY, AUGUST 29

Youth Mental Health First Aid
8:30 a.m.-5 p.m. (Fee: \$25)
Call 239-343-6486 to register

THURSDAY, AUGUST 30

The MIND Diet
2-3 p.m. RSVP

Crystal Bowl Meditation
6:30-7:30 p.m. RSVP Fee: \$10
Location: Mind & Body Studio

COMPUTER AND TECHNOLOGY CLASSES

Cape Coral Hospital and Lee Memorial Hospital Computer Labs
Call 239-424-3765 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

MONDAY, AUGUST 13

Metabolism and Circadian Rhythm
2-3 p.m. RSVP

WEDNESDAY, AUGUST 22

How to Set Realistic Health Goals
10-11 a.m. RSVP