

Healthy Life Center | SEPTEMBER 2018

Your Health and Wellness Destination.

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
Babes and Babies Fitness Class ☀️
 9-10 a.m. RSVP
 \$5 drop in fee

Free Blood Pressure Screenings
 9 a.m.-1 p.m.

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 (9/6, 9/20)
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, SEPTEMBER 1
Family Yoga ☀️
 9-10 a.m. RSVP

WEDNESDAY, SEPTEMBER 5
Whole Food Plant Based Living Series: Increasing Your Energy
 12-1 p.m. RSVP

MONDAY, SEPTEMBER 10
Neuromas and Other Forefoot Pains
 4-5 p.m. RSVP
 Dr. Chelsea Viola, podiatrist

WEDNESDAY, SEPTEMBER 12
Dine & Discover: Bahia Bowls
 11:30 a.m.-1 p.m. RSVP
 20321 Grande Oak Shoppes Blvd, Unit 306, Estero, FL 33928

THURSDAY, SEPTEMBER 13
Cooking Demo: Build a Better Breakfast
 11 a.m.-noon RSVP

Keeping the Next Generation Healthy ☀️
 2-3 p.m. RSVP
 Dr. Denise Drago, pediatrician

SATURDAY, SEPTEMBER 15
Memory Café
 10 a.m.-noon RSVP

MONDAY, SEPTEMBER 17
Dance for Balance
 10-11 a.m. RSVP

Learn About Reiki for Well-being
 1-2 p.m. RSVP

TUESDAY, SEPTEMBER 18
Living Strong with a Weak Heart
 11 a.m.-noon RSVP

WEDNESDAY, SEPTEMBER 19
Stress Management to Prevent Depression
 1-2 p.m. RSVP

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

THURSDAY, SEPTEMBER 20
Planting for Fall Gardens
 4-5 p.m. RSVP

FRIDAY, SEPTEMBER 21
Medicare 101 Lunch & Learn
 12-2 p.m. RSVP

SATURDAY, SEPTEMBER 22
Lee Health Blood Mobile
 1-7 p.m.
 Location: Movie Theater Circle

TUESDAY, SEPTEMBER 25
Movie Matinee Day: The Greatest Showman
 11a.m.-1 p.m. RSVP

WEDNESDAY, SEPTEMBER 26
Essential Oils 101: Make and Take It!
 10-11:30 a.m. RSVP Fee: \$10

Osteoarthritis: “Joint” Us for the Journey
 2-3 p.m. RSVP

SATURDAY, SEPTEMBER 29
Early Hearing and Vision Detection
 10-11 a.m. RSVP
 Dr. Ann Rasmussen, audiologist
 Dr. Giovana Balasquide, ophthalmologist

Mini Hearing and Vision Screenings
 11 a.m.- 12:30 p.m.
 Call 239-495-4475 for an appointment

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 (9/13, 9/27)
Fourth Trimester Club ☀️
 10-11 a.m.
 Cape Coral Hospital - Family Birth Place Waiting Room
 Moms and children under 1 year

EVERY FRIDAY
SWFL Produce Box Pickup
 4-6 p.m.
 To place an order visit swflproduce.net

TUESDAY, SEPTEMBER 18
Cooking Demo: Build a Better Breakfast
 11 a.m.-noon RSVP

WEDNESDAY, SEPTEMBER 19
Living Strong with a Weak Heart
 10-11 a.m. RSVP

Walking for Balance
 12-1 p.m. RSVP

THURSDAY, SEPTEMBER 20
Essential Oils 101 Make and Take It!
 10-11:30 a.m.
 Fee: \$10

Dine & Discover: The Original Moretti's Italian Grill
 11:30 a.m.-1 p.m. RSVP
 3100 Del Prado Blvd S, Cape Coral, 33904

Superfoods for Your Health
 1-2 p.m. RSVP

FRIDAY, SEPTEMBER 21
Cardiac Connection
 2-4 p.m. RSVP

A-Fib Awareness
 3-4 p.m. RSVP
 Dr. Paul DiGiorgi, cardiothoracic surgeon

MONDAY, SEPTEMBER 24
Balance and Fall Prevention Awareness Fair
 10 a.m.-1 p.m.
 Location: Gymnasium

Learn About Reiki for Wellbeing
 12:30-1:30 p.m. RSVP

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, SEPTEMBER 25
Healthy Living Lecture Series: Benefits of Vitamins and Supplements
 12-1 p.m. RSVP
 Dr. Salvatore Lacagnina, internal medicine

Stress Management to Prevent Depression
 1:30-2:30 p.m. RSVP

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

Micronutrients for Optimal Health
 4-5 p.m. RSVP

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

WEDNESDAY, SEPTEMBER 26
Movie Matinee Day: The Greatest Showman
 1-3 p.m. RSVP

THURSDAY, SEPTEMBER 27
Medicare 101 Lunch & Learn
 12-2 p.m. RSVP

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

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

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

EVERY MONDAY & WEDNESDAY
Run/Walk Club
 7 a.m.
 Call 239-343-3540

MONDAY, SEPTEMBER 10
The MIND diet
 1-2 p.m. RSVP

THURSDAY, SEPTEMBER 13
Healthy Happy Hour
 5:30-6:30 p.m. RSVP
 Location: Table & Tap

MONDAY, SEPTEMBER 17
Balance for Life
 2-3 p.m. RSVP

TUESDAY, SEPTEMBER 18
Moving Toward Plant Forward Eating
 2-3 p.m. RSVP

THURSDAY, SEPTEMBER 20
Crystal Bowl Meditation for Rejuvenation
 1-2 p.m. RSVP
 Fee: \$10

FRIDAY, SEPTEMBER 7
Guided Meditation 3-Week Series (9/7, 9/14, 9/21)
 5-6 p.m. RSVP
 Fee: \$5 per class or Mind & Body Pass

SATURDAY, SEPTEMBER 8
Workshop: Debunking Yoga Myths
 3-4:30 p.m. RSVP
 Fee: \$15 or Mind & Body Pass

MONDAY, SEPTEMBER 10
Victory Over Vertigo
 10-11 a.m. RSVP

TUESDAY, SEPTEMBER 11
Whole Food Plant Based Living Series: Increasing Your Energy
 5:30-6:30 p.m. RSVP

THURSDAY, SEPTEMBER 13
Physical Therapy Screenings
 10:30 a.m.-12:30 p.m.
 Call 239-424-3210 to register

FRIDAY, SEPTEMBER 14
Memory Café
 10 a.m.-noon RSVP
 Cape Coral Hospital - Classroom A

Healthy Life Center-Fort Myers
 3114 Cleveland Ave.
 Fort Myers, FL 33901
 For reservations call 239-424-3210

WEDNESDAY, SEPTEMBER 19
Tai Chi for Balance
 2-3 p.m.

THURSDAY, SEPTEMBER 27
The MIND Diet
 1:30-2:30 p.m.

☀️ Golisano Children's Hospital of Southwest Florida Family Program

