

Healthy Life Center | NOVEMBER 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

TUESDAYS: 9 A.M.-1 P.M.
Free Blood Pressure Screenings

EVERY MONDAY
SHINE Counseling
9 a.m.-3 p.m.
Call 866-413-5337 to request an appointment

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 (11/1, 11/15, 11/29)

Fourth Trimester Club ☀️
12-1 p.m.
Moms and children under 1 year

EVERY FRIDAY
SWFL Produce Box Pickup
4-5:30 p.m.
To place an order visit swflproduce.net

THURSDAY, NOVEMBER 1
Quantum Healing for Body & Mind
4-5 p.m. RSVP

SATURDAY, NOVEMBER 3 ☀️
Family Yoga
9-10 a.m. RSVP

MONDAY, NOVEMBER 5
Dementia Caregiver College: Diagnosed – Now What? Dementia Conversations
10-11:30 a.m. RSVP

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

TUESDAY, NOVEMBER 6
Diabetes and Your Vision with Screening
1-3 p.m. RSVP
Dr. Klaus Freeland, ophthalmologist

WEDNESDAY, NOVEMBER 7
Movie Matinee Day: HEAL Documentary
9:30-11:30 a.m. RSVP

Whole Food Plant-Based Series: Eating Out and Traveling
12-1 p.m. RSVP

THURSDAY, NOVEMBER 8
Diet, Nutrition, Physical Activity and Cancer: A Global Perspective
10-11 a.m. RSVP

Friends and Family CPR ☀️
2-4 p.m. RSVP

SATURDAY, NOVEMBER 10
Ballroom Dancing
1:30-2:15 p.m. RSVP

MONDAY, NOVEMBER 12
My Chart
10-11 a.m. RSVP

TUESDAY, NOVEMBER 13
Understanding the Threat of Antibiotic Resistance
10-11 a.m. RSVP

Is There a Bathroom Nearby?
1-2 p.m. RSVP

Nutrition for the Holidays
4-5 p.m.

WEDNESDAY, NOVEMBER 14
Leaky Gut
11 a.m.-noon RSVP

Stress Management for the Holidays
1:30-2:30 p.m.

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

THURSDAY, NOVEMBER 15
Coping with Grief during the Holidays
9-10 a.m. RSVP

How TeleHealth is Improving Healthcare
10:30-11:30 a.m. RSVP

FRIDAY, NOVEMBER 16
Essential Oils 101: Make it and Take it Peppermint Citrus Scrub
10-11:30 a.m. RSVP Fee:\$10

Nordic Exercise Walking with Poles
10-11 a.m. RSVP

Giving Thanks: Activity & Meditation
3-4 p.m. RSVP

MONDAY, NOVEMBER 19
Brain Boosters
12-1 p.m. RSVP Fee: \$5

THURSDAY, NOVEMBER 29
Cooking Demo: What's So Sweet About Sweet Potatoes?
11 a.m.-noon 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 (11/8)

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

EVERY FRIDAY
SWFL Produce Box Pickup
4-6 p.m.
Healthy Life Center Front Lobby
To place an order visit swflproduce.net

Guided Meditation Series
5-6 p.m. RSVP, Fee: \$10 per class

THURSDAY, NOVEMBER 1
The Lift Happiness Project
Remote Sessions Starting Early November
Call 239-424-3237 to register

FRIDAY, NOVEMBER 2
Vestibular Support Group
10-11 a.m. RSVP

MONDAY, NOVEMBER 5
Nordic Exercise Walking with Poles
3-4 p.m. RSVP

TUESDAY, NOVEMBER 6
Living With COPD: Symptoms, Diagnosis, and Management
10-11 a.m. RSVP

Movie Matinee Day: HEAL Documentary
11:30 a.m.-1:30 p.m. RSVP

WEDNESDAY, NOVEMBER 7
Prayer Doodling
10-11 a.m. RSVP

THURSDAY, NOVEMBER 8
Advance Directives
11 a.m.-noon RSVP

FRIDAY, NOVEMBER 9
Lunch & Learn: Early Detection of Lung Cancer – Who is at Risk?
11:30 a.m.-1 p.m. RSVP
Dr. Keith Miller, oncologist

Colon Cancer: Prevention & Treatment
Dr. Bianca de Souza, hematology/oncology
2-3 p.m. RSVP

MONDAY, NOVEMBER 12
Physical Therapy Screenings
10:30 a.m.-12:30 p.m.
Call 239-424-3210 for an appointment

Brain Boosters
12-1 p.m. RSVP Fee: \$5

TUESDAY, NOVEMBER 13
Whole Food Plant-Based Series: Eating Out and Traveling
5:30-6:30 p.m. RSVP

WEDNESDAY, NOVEMBER 14
Living with Lymphedema
10-11 a.m. RSVP

Dutch, Dine & Discover: Aji Limon Peruvian Restaurant
11:30a.m.-1p.m.RSVP

THURSDAY, NOVEMBER 15
Friends and Family CPR ☀️
10 a.m.- noon RSVP

Healthy Holiday Eating
1-2 p.m. RSVP

Know the 10 Warning Signs of Alzheimer's
2:30 3:30 p.m. RSVP

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

FRIDAY, NOVEMBER 16
Alzheimer's Association Memory Bus
9 a.m.-2 p.m. stop in for info

Cardiac Connection
10 a.m.-noon RSVP

SATURDAY, NOVEMBER 17
Yoga Modifications for Every Body
1-2:30 p.m. RSVP
Fee: \$15 or Mind & Body Pass
Location: Mind & Body Studio

TUESDAY, NOVEMBER 20
Healthy Living Series: How to Avoid the Top 10 Causes of Death in America
12-1 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

WEDNESDAY, NOVEMBER 21
Workshop: Practicing the Attitude of Gratitude
11:30 a.m.-1 p.m. RSVP
Fee: \$15 or Mind & Body Pass
Location: Mind & Body Studio

MONDAY, NOVEMBER 26
Cooking Demo: What's So Sweet About Sweet Potatoes?
11-12 noon RSVP

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

TUESDAY, NOVEMBER 27
Guided Meditation for Wellness
5:30-6 p.m. RSVP

THURSDAY, NOVEMBER 29
Identity Theft
10-11 a.m. RSVP

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

THURSDAY, NOVEMBER 8
Essential Oils 101: Make it and Take it Peppermint Citrus Scrub
10-11:30 a.m. RSVP Fee:\$10

WEDNESDAY, NOVEMBER 14
StressFULL or StressFREE Holiday Season!
11 a.m.-noon RSVP

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

TUESDAY, NOVEMBER 13
Nutritional Management for High Cholesterol
1:30-2:30 p.m. RSVP

MONDAY, NOVEMBER 19
Cardiac Connection
1-3 p.m. RSVP

THURSDAY, NOVEMBER 29
Living With COPD: Symptoms, Diagnosis, and Management
1:30-2:30 p.m. RSVP

SATURDAY, NOVEMBER 17
Inspiring Health 5k Run/Walk
Lee Health Coconut Point
7:30 a.m.
Register: tinyurl.com/InspireHealth5k
Lee Health Coconut Point Open House
9 a.m. Opening Ceremony
9:30 a.m.-1 p.m. Campus Tours

