

Healthy Life Center

Your Health and Wellness Destination.

MARCH 2019

Healthy Life Center—Coconut Point 23450 Via Coconut Point, Estero, FL 34135 For reservations call 239-468-0050

EVERY MONDAY AND WEDNESDAY

Walking Club Meet Up
8-9 a.m.

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.

EVERY OTHER THURSDAY (3/7, 3/21)

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

MIND & BODY STUDIO! The Healthy Life Center is expanding the yoga and fitness class offerings to include multiple yoga styles, meditation, mat Pilates, and more! Class passes are available for purchase. Please call 239-468-0050 or see a team member for details.

SATURDAY, MARCH 2

SWFL Heart and Wellness Fair
8 a.m.-noon
www.heart.org/swflwellness

MONDAY, MARCH 4

**Dementia Caregiver College:
Getting Rid of Guilt**
10-11:30 a.m. RSVP

Medicare 101
1-3 p.m. RSVP

**Deep Brain Stimulation for People with
Parkinson's**
4-5 p.m. RSVP

WEDNESDAY, MARCH 6

Cooking Demo: Taste of Thai
11 a.m.-noon RSVP

THURSDAY, MARCH 7

**Know Your Meds, Know Your Allergies,
Know You**
10-11 a.m. RSVP

FRIDAY, MARCH 8

**Empowered by Purpose - International
Women's Day**
3:30-4:30 p.m. RSVP

MONDAY, MARCH 11

**Lunch & Learn: Shortcuts When Shopping
for Senior Living**
11:30-1 p.m. RSVP

Meditation Series: Mindful Mondays

2:30-3 p.m. RSVP (3/11, 3/18, 3/25)
Fee: \$5 per class

**Balance, Dizziness, Vertigo Problems?
Helping You Find Solutions**
4-5 p.m. RSVP

TUESDAY, MARCH 12

March On to Optimal Health
2-3e p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

WEDNESDAY, MARCH 13

**Kid's Nutrition Tasting Class: Healthy, Easy
Snacks for Kids** ☀️
9:30-11 a.m. RSVP

**Whole Food Plant-Based Series: Easy Raw
Recipes**
12-1 p.m. RSVP

Rehab for your Golf Swing

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

THURSDAY, MARCH 14

**The Latest in Breast Health Nutrition and
Technology**
10-11 a.m. RSVP

Frauds and Scams

4-5 p.m. RSVP

FRIDAY, MARCH 15

Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

**Heels & Arches: Keep them Pain Free 99%
of the Time**

4-5 p.m. RSVP
Dr. Sean Dunleavy, podiatrist

SATURDAY, MARCH 16

Family Yoga ☀️
9-10 a.m. RSVP

MONDAY, MARCH 18

**Dementia Caregiver College: Developing
your Personal Care Plan**
10-11:30 a.m. RSVP

**How an Otolaryngologist can Help with
Balance, Dizziness, and Vertigo Problems**

4-5 p.m. RSVP
Dr. Patrick Reidy, otolaryngologist

WEDNESDAY, MARCH 20

Community Guided Meditation
7:30-8 a.m. RSVP

**Lee Health Coconut Point: Update & Future
Plans**

10-11 a.m. RSVP

Dutch, Dine & Discover: Poke Fusion

11:30 a.m. - 1 p.m. RSVP
Location: 19810 Village Center Drive, Ft. Myers

THURSDAY, MARCH 21

Cooking Demo: Breakfast Meal Prep
10-11 a.m. RSVP

**When Accidents Happen with Chemicals,
Medicine, or Household Items**

1-2 p.m. RSVP

What you Need to Know About 911

4-5 p.m. RSVP

SATURDAY, MARCH 23

Parkinson's Functional Screenings
9-1 p.m. RSVP
Call 239-343-4960 to schedule an appointment

Cooking Demo:

Bison Broccoli Burgers ☀️
11 a.m.-noon RSVP
Dr. Jose Colon, sleep medicine

MONDAY, MARCH 25

**How an Audiologist can Help with Balance,
Dizziness, and Vertigo Problems**
4-5 p.m. RSVP
Dr. Shanai Hill, audiologist

WEDNESDAY, MARCH 27

Movie Matinee: Rotten
10 a.m.-noon RSVP

Cooking Demo: Plant-Based Recipes
2-3 p.m. RSVP

FRIDAY, MARCH 29

**Advancements in the Diagnosis and
Treatment of Shoulder Pain**
4-5 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon



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 schedule an appointment

EVERY OTHER THURSDAY
(3/14, 3/28)

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.
To place an order visit
swflproduce.net

MONDAY, MARCH 4
Victory over Vertigo

10-11 a.m. RSVP

Lunch & Learn: Along this Vein...

Let's Talk about Your Legs
12-1 p.m. RSVP
Dr. Ronnie Word, vascular surgeon

TUESDAY, MARCH 5
Learn What CranioSacral Therapy

Can do for You
4-5 p.m. RSVP

WEDNESDAY, MARCH 6
Driving for People with Parkinson's

10-11 a.m. RSVP

Empowering Keys to Unlock Your Full Potential

3-4 p.m. RSVP

THURSDAY, MARCH 7
Foundations of Self Defense

2-3 p.m.
Fee: \$15 per class (3/7 and 3/14)

FRIDAY, MARCH 8
Memory Café:

10 a.m.-noon
Location: Healthy Life Center, 2nd Floor
Call 1-800-272-3900 to RSVP

MONDAY, MARCH 11
In "Vest" in Your Balance: A Weighted Vest as a Tool

10-11 a.m. RSVP

TUESDAY, MARCH 12
Medicare 101

1-3 p.m. RSVP

Whole Food Plant-Based Series: Easy Raw Recipes
5:30-6:30 p.m. RSVP

WEDNESDAY, MARCH 13
Physical Therapy Screenings

10 am-noon
Location: HLC Fitness Desk
Call 239-424-3210 to schedule an appointment

Balance, Dizziness, and Vertigo Problems? Helping You Find Solutions

10-11 a.m. RSVP

Lunch & Learn: Aging in Place
11:30 a.m.-1 p.m. RSVP

THURSDAY, MARCH 14
Dutch, Dine & Discover: Poke Bowl Café

11:30 a.m.-1 p.m. RSVP
Location: 12001 S. Cleveland Ave Suite 4, Fort Myers

FRIDAY, MARCH 15
Cardiac Connection

10 a.m.-noon RSVP

WEDNESDAY, MARCH 20
How an Occupational Therapist/Vision Specialist Can Help with Balance, Dizziness, and Vertigo

10-11 a.m. RSVP

THURSDAY, MARCH 21
Lunch & Learn: Managing Your COPD and Treatment Options

11 a.m.-noon RSVP
Dr. Parmeet Saini, pulmonologist

Getting Your Protein through Plants

1-2 p.m. RSVP

Crystal Bowl Meditation

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

FRIDAY, MARCH 22
Movie Matinee: Rotten

10 a.m.-noon RSVP

MONDAY, MARCH 25
How You Can Help Eradicate Human Trafficking

10-11 a.m. RSVP

TUESDAY, MARCH 26
Guided Meditation for Wellness

5:30 -6 p.m. RSVP

WEDNESDAY, MARCH 27
How a Physical Therapist Can Help with Balance, Dizziness, and Vertigo

10-11 a.m. RSVP

THURSDAY, MARCH 28
Youth Mental Health First Aid

8:30 a.m.-4 p.m. RSVP at
www.leehealth.org/classes.asp

Men's Health

5:30-6:30 p.m. RSVP
Dr. Paul Bretton, urologist
Dr. James Borden, urologist

COMPUTER AND TECHNOLOGY CLASSES

Cape Coral Hospital and Lee Memorial Hospital Computer Lab
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

TUESDAY, MARCH 12
Brain Boosters

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

THURSDAY, MARCH 14
The Truth about GMOs

10-11 a.m. RSVP

TUESDAY, MARCH 19
What is a Medical Alert System

10-11 a.m. RSVP

WEDNESDAY, MARCH 27
Whole Food Plant-Based Nutrition

1-1:30 p.m. RSVP
Dr. Miri Shlomi, family medicine

Healthy Life Center- Fort Myers

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

WEDNESDAY, MARCH 7
Virtual Dementia Tour

9 a.m.-1p.m. RSVP
Call 239-424-3210 to schedule an appointment

MONDAY, MARCH 18
Cardiac Connection

1-3 p.m. RSVP