

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 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 (4/4, 4/18)

Fourth Trimester Club 
12-1:30 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.com

Mind & Body Studio! The Healthy Life Center is expanding the yoga and fitness class offerings to include multiple yoga styles, tai chi, and more! Class passes are available for purchase.
Please call 239-468-0050 or see a team member for details.

MONDAY, APRIL 1

Dementia Caregiver College: The Role of Spirituality
10-11:30 a.m. RSVP

Meniere's Disease: A Common Cause of Vertigo and Imbalance

4-5 p.m. RSVP
Dr. Samuel Hill, otolaryngologist

TUESDAY, APRIL 2

Trying to Quit: Smoking Cessation Group
5:30-6:30 p.m.
Call 877-819-2357 to RSVP

WEDNESDAY, APRIL 3

Cooking Demo: Persian Cuisine
11 a.m.-noon RSVP
Fee: \$5

THURSDAY, APRIL 4

Identity Theft
4-5 p.m. RSVP

SATURDAY, APRIL 6

Family Yoga 
9-10 a.m. RSVP

MONDAY, APRIL 8

Mobile Blood Drive
10 a.m.-2 p.m.

The How and Why of Aesthetic Services: Are They Right for Me?
11:30 a.m.-12:30 p.m. RSVP
Dr. Cherrie Morris, obstetrics & gynecology

Gait Disturbance in Later Years
4-5 p.m. RSVP
Dr. Jon Brillman, neurologist

TUESDAY, APRIL 9

Pop-up Zumba Class
3-4 p.m. RSVP Fee: \$5

WEDNESDAY, APRIL 10

Finding Hope for Living Well with Parkinson Disease
10-11 a.m. RSVP

Plant-Powered Living Series
12-1 p.m. RSVP

Introduction to Mindfulness
3-4 p.m. RSVP

FRIDAY, APRIL 12

Skin Cancer Screening
9 a.m.-noon
Call 239-468-0050 to schedule an appointment

Head & Neck Cancer: A Hard Thing to Swallow
11 a.m.-noon RSVP

Cooking Demo: Ancient Grains
1-2 p.m. RSVP
Fee: \$5

SATURDAY, APRIL 13

The Mind & Body Yoga Retreat
8 a.m.-3 p.m.
Call 239-468-0050 for information and to register

MONDAY, APRIL 15

Dementia Caregiver College: Planning for the Future – Legal and Financial Considerations
10-11:30 a.m. RSVP

How an Occupational Therapist/Vision Specialist can Help with Balance, Dizziness, and Vertigo
4-5 p.m. RSVP

WEDNESDAY APRIL, 17

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

Community Guided Meditation for Earth Day
2:30-3 p.m. RSVP

Healthy Happy Hour
4-5 p.m. RSVP

THURSDAY, APRIL 18
Earth Day Panel Event
3-4 p.m. RSVP

FRIDAY, APRIL 19

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

MONDAY, APRIL 22

How Physical Therapy can Help with Balance, Dizziness and Vertigo
4-5 p.m. RSVP

TUESDAY, APRIL 23

Medicare RN Wellness Visit
3-4 p.m. RSVP

Men's Health Panel: Health is Wealth
4-5:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

WEDNESDAY, APRIL 24

Movie Matinee: Just One Drop
10 a.m.-noon RSVP

Book Club: The Truth About Food
(Author: Dr. David Katz)
1-3 p.m. RSVP

THURSDAY, APRIL 25

Community Yoga Class
5-6 p.m. RSVP

FRIDAY, APRIL 26

Preventing and Detecting Skin Cancers
9-10 a.m. RSVP
Dr. Debra Fett Desmond, dermatologist

Cooking Demo: Ancient Grains
11 a.m.-noon RSVP
Fee: \$5

Living with COPD Symptoms, Diagnosis, and Management
2-3 pm RSVP


MONDAY, APRIL 29

Foot Care and Footwear: Are You Making the Best Choice for Your Balance?
4-5 p.m. 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
(4/11, 4/25)
Fourth Trimester Club 
10-11:30 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.com

Computer Classes Available
Call 239-424-3765 for pricing
and registration

WEDNESDAY, APRIL 3
How an Otolaryngologist can
Help with Balance, Dizziness
and Vertigo
10-11 a.m. RSVP
Dr. Patrick Reidy, otolaryngologist

FRIDAY, APRIL 5
Living With COPD Symptoms,
Diagnosis, and Management
10-11 a.m. RSVP

MONDAY, APRIL 8
Finding Hope for Living Well
with Parkinson Disease
10-11 a.m. RSVP

Volunteer Recruitment Event
2-4 p.m. RSVP

TUESDAY, APRIL 9
Introduction to Mindfulness
3-4 p.m. RSVP

Healthy Happy Hour
5-6 p.m.

WEDNESDAY, APRIL 10
Physical Therapy Screenings
10 a.m.-noon
Call 239-424-3210 to schedule an
appointment
Location: Fitness Desk

How an Audiologist can Help
with Balance, Dizziness and
Vertigo
10-11 a.m. RSVP
Lynda Mercer, audiologist

Lunch & Learn: Senior Living
Options in SWFL
11:30 a.m.-1:30 p.m. RSVP

Plant-Powered Living Series
5:30-6:30 p.m. RSVP

FRIDAY, APRIL 12
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

MONDAY, APRIL 15
Men's Health Panel: Health is
Wealth
4-5:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal
medicine

TUESDAY, APRIL 16
Gut Health and the
Microbiome
11 a.m. -noon RSVP
Dr. Salvatore Lacagnina, internal
medicine

WEDNESDAY, APRIL 17
Skin Cancer Screening
8 a.m.-noon
Call 239-424-3210 to schedule an
appointment

How a Podiatrist can Help with
Balance
10-11 a.m. RSVP
Dr. Patricia Nicholas, podiatrist

THURSDAY, APRIL 18
Facts about Head and Neck
Cancer
10-11 a.m. RSVP

The Fruit of Good Health!
1-2 p.m. RSVP

FRIDAY, APRIL 19
Cardiac Connection
10 a.m.-noon RSVP

MONDAY, APRIL 22
Movie Matinee: Just One Drop
10 a.m.-noon RSVP

TUESDAY, APRIL 23
Book Club: The Truth About
Food
(Author: Dr. David Katz)
1-3 p.m. RSVP

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

WEDNESDAY, APRIL 24
Footwear - Are You Making
the Best Choice for Your
Balance?
10-11 a.m. RSVP

THURSDAY, APRIL 25
Youth Mental Health First Aid
8:30 a.m.-4:30 p.m.
To register visit
www.leehealth.org/classes.asp

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

TUESDAY, APRIL 16
Women's Heart Health
10-11 a.m. RSVP

WEDNESDAY, APRIL 17
Virtual Dementia Tour
9 a.m.-noon
Call 239-424-3210 to register

THURSDAY, APRIL 25
Introduction to Mindfulness
10-11 a.m. RSVP

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

TUESDAY, APRIL 2
What is a Medical Alert
System?
2:30-3:30 p.m. RSVP

MONDAY, APRIL 21
Cardiac Connection
1-3 p.m. RSVP