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
(10/4, 10/18)
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

MONDAY, OCTOBER 1
Dementia Caregiver College: 10 Warning Signs - When Should I Be Concerned?
10-11:30 a.m. RSVP

WEDNESDAY, OCTOBER 3
Whole Food Plant-Based Series: Ditching Sugar Cravings
12-1 p.m. RSVP

Beyond Medication: Other Treatment Modalities for Chronic Pain
2-3 p.m. RSVP

MONDAY, OCTOBER 8
Understanding Breast Cancer Screening Guidelines: An Introduction to 3D Mammography
10 - 11 a.m. RSVP
Dr. Gail Santucci, radiologist

TUESDAY, OCTOBER 9
Meet & Greet: Lee Health Coconut Point Leadership and Staff
4-5:30 p.m. RSVP

THURSDAY, OCTOBER 11
Introduction to Permaculture
3:30-4:30 p.m. RSVP

FRIDAY, OCTOBER 12
Past Experience, New Perspective: A Guided Journey
2-4 p.m. Fee: $40
Call 239-495-4475 to register

SATURDAY, OCTOBER 13
Family Yoga
9-10 a.m. RSVP

TUESDAY, OCTOBER 16
Exploring Expanded States of Consciousness: Open Q&A
4-5 p.m. RSVP

WEDNESDAY, OCTOBER 17
Book Club: Live More Happy (Author: Darren Morton, PhD)
9-11 a.m. RSVP

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

THURSDAY, OCTOBER 18
Dutch, Dine & Discover: Restoratives Café
11:30 a.m.-1p.m. RSVP
20461 S Tamiami Trail #20, Estero

Depression Screenings
2-4 p.m.
Call 239-495-4475 for an appointment

FRIDAY, OCTOBER 19
It's Time to Review your Medicare Coverage
10-11:30 a.m. RSVP

SATURDAY, OCTOBER 20
Memory Café
10 a.m.-noon RSVP

MONDAY, OCTOBER 22
Dementia Caregiver College: Getting the Diagnosis
10-11:30 a.m. RSVP

Eyelid Surgeries and Facial Rejuvenation Procedures
3-4 p.m. RSVP
Dr. Nadia Kazim, ophthalmologist

TUESDAY, OCTOBER 23
Cooking Demo: Soy - Friend or Foe?
11 a.m.-noon RSVP

WEDNESDAY, OCTOBER 24
Guided Meditation: Meditate Like the Masters
2:30-3 p.m. RSVP

THURSDAY, OCTOBER 25
Women’s Cardiac Symposium: Lifestyle Management
8:30 a.m.-2 p.m. RSVP

Introduction to Permaculture
3:30-4:30 p.m. RSVP

Car Seat Safety Class
5:30-6:30 RSVP

FRIDAY, OCTOBER 26
Don't Get Caught Without the Right Shot: A Guide to Vaccines for Adults
9-10 a.m. RSVP

Revitalizing Breath Work
2-4 p.m. Fee: $40
Call 239-495-4475 to register

MONDAY, OCTOBER 29
Healthy Living Series: The Lifestyle Medicine Consultation
10:30-11:30 a.m. RSVP
Dr. Sal Lacagnina, internal medicine

Using the Lee Health App
2-3 p.m. RSVP

TUESDAY, OCTOBER 30
Tai Chi Lesson
10-11 a.m. RSVP
EVERY TUESDAY—Cape Coral

SHINE Counseling
10 a.m.-2 p.m. RSVP
SHARE Club office

EVERY OTHER THURSDAY (10/11, 10/25)

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
4-5:15 p.m. To place an order visit swflproduce.net

TUESDAY, OCTOBER 2
Past Experience, New Perspective: A Guided Journey
5:30-7:30 p.m. RSVP
Fee: $40

PLANTING FOR FALL WITH HEALTHY HARVEST FARMS
3-4 p.m. RSVP

TUESDAY, OCTOBER 9
Whole Food Plant-Based Series: Ditching Sugar Cravings
5:30-6:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

THURSDAY, OCTOBER 11
Signs of Breast Cancer and Recommended Screening Guidelines
11 a.m.-noon RSVP

FRIDAY, OCTOBER 12
Balance Wear Vest: A Novel Tool to Aid in Balance
10-11 a.m. RSVP

THURSDAY, OCTOBER 18
Cooking Demo: Soy - Friend or Foe?
11 a.m.-noon RSVP

LABEL READING, COOKING AND DINING OUT
1-2 p.m. RSVP

TUESDAY, OCTOBER 23
Advanced Directives
1:30-2:30 p.m. RSVP

MONDAY, OCTOBER 29
Mental Health Awareness: Understanding the Whole Story
10-11 a.m. RSVP

BALANCE SCREENINGS
2-4 p.m. Call 239-343-4960 for an appointment

MONDAY, NOVEMBER 5
Understanding Blood Pressure and New 2018 Guidelines
10-11 a.m. RSVP

MONDAY, NOVEMBER 12
Balance Wear Vest: A Novel Tool to Aid in Balance
10-11 a.m. RSVP

FRIDAY, NOVEMBER 16
Diet, Nutrition, Physical Activity and Cancer: A Global Perspective
10-11 a.m. RSVP

THURSDAY, NOVEMBER 22
Skin Cancer Screenings
12-3 p.m. Call 239-424-3210 for an appointment

FRIDAY, NOVEMBER 23
Heels and Arches – Keep Them Pain Free 99% of the Time
9:30-11:30 a.m. RSVP
Dr. Khoa Nguyen, podiatrist

MONDAY, NOVEMBER 26
Overnight Oats: Get Your Grains!
10-11 a.m. RSVP

MONDAY, DECEMBER 3
Fall Open Enrollment, Take Time to Review Your Medicare Coverage
11-12 a.m. RSVP