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

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 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
2-3 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
9-11 a.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
MARCH 2019

Golisano Children’s Hospital of Southwest Florida Family Program

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

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 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

WEDNESDAY, MARCH 27

Whole Food Plant-Based Nutrition
1-1:30 p.m. RSVP
Dr. Miri Shlomi, family medicine

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