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
(2/7, 2/21)
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

FRIDAY, FEBRUARY 1
Lunch & Learn: What is Vein Disease - Causes, Symptoms, and Treatments
12:30-2 p.m. RSVP
Dr. Ronnie Word, vascular surgeon

MONDAY, FEBRUARY 4
Dementia Caregiver College: What are you Talking About? Effective Communication Techniques
10-11:30 a.m. RSVP

Group Healthy Lifestyle Program
(8 weeks)
10-11 a.m.
Call 239-468-0050 for information

What is a Medical Alert System?
1-2 p.m. RSVP

Vestibular Support Group
2:30-4 p.m. RSVP

Driving for People with Parkinson's
4-5 p.m. RSVP

WEDNESDAY, FEBRUARY 6
Whole Food Plant-Based Series: Curbing Your Carb Cravings
12-1 p.m. RSVP

THURSDAY, FEBRUARY 7
Community Yoga Class
5-6 p.m. RSVP

FRIDAY, FEBRUARY 8
Movie Matinée: Momma Mia
10 a.m. to Noon RSVP

SATURDAY, FEBRUARY 9
Family Yoga
9-10 a.m. RSVP

MONDAY, FEBRUARY 11
Cooking Demo: Greek Cuisine
11 a.m.-noon RSVP

Voice and Communication for People with Parkinson's
4-5 p.m. RSVP

TUESDAY, FEBRUARY 12
Common Foot and Ankle Injuries in the Active and Exercising Adult
3-4 p.m. RSVP
Dr. Chelsea Viola, podiatrist

WEDNESDAY, FEBRUARY 13
Virtual Dementia Tour
9 a.m. - 1 p.m
Call 239-468-0050 to schedule an appointment

THURSDAY, FEBRUARY 14
Valentine’s Day Card Making
9-11 a.m. RSVP

FRIDAY, FEBRUARY 15
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

MONDAY, FEBRUARY 18
Dementia Caregivers College: The Caregiver's Journey-Dealing with Emotions as a Caregiver
10-11:30 a.m. RSVP

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

Bladder and Bowel Dysfunction in Parkinson's Disease
4-5 p.m. RSVP

TUESDAY, FEBRUARY 19
Family Essentials and Make it and Take it
2-3:30 p.m. Fee: $10

WEDNESDAY, FEBRUARY 20
Community Guided Meditation
7:30-8 a.m. RSVP
Lunch & Learn: Home Health 101 - Options for Home Care
11:30 a.m.-1 p.m. RSVP

THURSDAY, FEBRUARY 21
Common Fractures Due to Osteoarthritis
12 - 1 p.m. RSVP
Dr. Cesar Cereijo, orthopedic surgeon

FRIDAY, FEBRUARY 22
Book Club: Every Woman’s Guide to a Heart-Healthy Life
(Author: Dr. Suzanne Steinbaum)
9-11 a.m. RSVP

SATURDAY, FEBRUARY 23
Mind & Body Yoga Retreat
8 a.m.-3 p.m.
Fee: $50
Call 239-468-0050 for information and to register

MONDAY, FEBRUARY 25
Swallowing and Cognition for People with Parkinson's
4-5 p.m. RSVP

WEDNESDAY, FEBRUARY 27
Wine & Chocolate Pairing
5-6 p.m. RSVP
Fee: $15

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.
EVERY TUESDAY
SHINE Counseling
10 a.m.-2 p.m.
SHARE Club office
Call 866-413-5337 to schedule an appointment

EVERY OTHER THURSDAY
(2/14, 2/28)
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

FRIDAY, FEBRUARY 1
Vestibular Support Group
10-11 a.m. RSVP

MONDAY, FEBRUARY 4
The Basics of Balance
10-11 a.m. RSVP

WEDNESDAY, FEBRUARY 6
Bladder and Bowel Dysfunction in Parkinson’s Disease
10-11 a.m. RSVP

THURSDAY, FEBRUARY 7
Robotic Lung Surgery
4-5 p.m. RSVP
Dr. Michael DeFrain, cardiothoracic surgeon

FRIDAY, FEBRUARY 8
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

MONDAY, FEBRUARY 11
Facing the Fear of Falling
10-11 a.m. RSVP

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

Wills, Trusts, Powers of Attorney: What do You Need?
2-3 p.m. RSVP

TUESDAY, FEBRUARY 12
Transcatheter Aortic Valve Replacement (TAVR)
4-5 p.m. RSVP
Dr. Brian Hummel, cardiothoracic surgeon

Whole Food Plant-Based Series: Curbing Your Carb Cravings
5:30-6:30 p.m. RSVP

WEDNESDAY, FEBRUARY 13
The Role of a Movement Disorder Specialist in the Management of Parkinson’s Disease
10-11 a.m. RSVP
Dr. Tara Kimbason, neurologist

Start Anew Towards a Healthier Life
11:30 -12:30 p.m. RSVP

FRIDAY, FEBRUARY 15
Cardiac Connection
1-3 p.m. RSVP
Dr. Jennifer Carrion, family medicine

SATURDAY, FEBRUARY 23
Parkinson’s Functional Screenings
9 a.m.-1 p.m.
Call 239-343-4960 to schedule an appointment

COMPUTER AND TECHNOLOGY CLASSES
Cape Coral Hospital and Lee Memorial Hospital Computer Lab
Call 239-424-3765 for pricing and registration

Healthy Life Center—Cape Coral
609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210

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

TUESDAY, FEBRUARY 12
Brain Boosters
10-11 a.m. RSVP
Fee: $5

MONDAY, FEBRUARY 25
Techniques to Manage Stress
1-1:30 p.m. RSVP
Dr. Jennifer Carrion, family medicine

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

TUESDAY, FEBRUARY 12
Moving Towards Plant-Forward Eating
2-3 p.m. RSVP

MONDAY, FEBRUARY 18
Cardiac Connection
1-3 p.m. RSVP

SATURDAY, FEBRUARY 23
Parkinson’s Functional Screenings
9 a.m.-1 p.m.
Call 239-343-4960 to schedule an appointment