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 (8/8, 8/22)
Fourth Trimester Club
12-1:30 p.m.
Moms and children less than 1 year

EVERY FRIDAY
SWFL Produce Box Pickup
4-5:30 p.m.
To place an order visit swflproduce.com

SATURDAY, AUGUST 3
World Breastfeeding Week: Global Big Latch On Event
10 a.m.-noon

MONDAY, AUGUST 5
Essential Oils Make & Take: Bug Repellant
10-11 a.m. RSVP
Fee: $10

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

TUESDAY, AUGUST 6
Cooking Demo: Plant-Based Eating
11 a.m.-noon RSVP
Fee: $5

WEDNESDAY, AUGUST 7
How to Keep Your Zen
2-3 p.m. RSVP

FRIDAY, AUGUST 9
Friends & Family CPR
1-3 p.m. RSVP

SATURDAY, AUGUST 10
Meditation for Teens: Back-to-School De-Stress
11 a.m.-noon RSVP

MONDAY, AUGUST 12
Crystal Bowl Meditation
6:15-7 p.m. RSVP
Fee: $10 or Mind & Body Class Pass

TUESDAY, AUGUST 13
Breastfeeding Coalition of Lee County: Mom Panel
12-1:30 p.m. RSVP

WEDNESDAY, AUGUST 14
Stretching Therapy: Your Flexible Spine
10-11 a.m. RSVP
Acupuncture for Seasonal Allergies
1-2 p.m. RSVP

MONDAY, AUGUST 19
Plant-Powered Living Series: Fermented Foods & the Metabolic Effect
12-1 p.m. RSVP

TUESDAY, AUGUST 20
Cooking Demo: Asian Cuisine
10-11 a.m. RSVP
Fee: $5

Dutch Dine & Discover: Restoratives Café
11:30 a.m.-1 p.m. RSVP
Location: 20461 S. Tamiami Trail, Estero

THURSDAY, AUGUST 22
Community Yoga Class
5-6 p.m. RSVP

WEDNESDAY, AUGUST 28
Your Muscle Mass & More: Body Composition Explained
10 a.m.-noon RSVP
Call 239-468-0050 to schedule an appointment

THURSDAY, AUGUST 29
Advance Directives
10-11 a.m. RSVP

Mind & Body Studio!
August is the last month to take advantage of our special summer rates! Come try a yoga or meditation class with us. Call 239-468-0050 for info and pricing.

Lee Health • 3400.121 7-19
AUGUST 2019

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
(8/15, 8/29)
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

FRIDAY, AUGUST 2
Vestibular Balance Support Group
10-11:30 a.m. RSVP

World Breastfeeding Week
Global Big Latch On Event ☀
10-11 a.m.
Location: Gymnasium

Movie Day: The Upside
1-3 p.m. RSVP

MONDAY, AUGUST 12
Your Muscle Mass & More:
Body Composition Explained
10 a.m.-noon RSVP
Call 239-424-3210 to
schedule an appointment

Essential Oils Make & Take:
Bug Repellent
1-2 p.m. RSVP
Fee $10

TUESDAY, AUGUST 13
Dutch Dine & Discover:
Foster’s Grille
11:30 a.m.-1 p.m. RSVP
Location: 728 SW Pine Island Road, Cape Coral

WEDNESDAY, AUGUST 14
Physical Therapy Screenings
10 a.m.-noon
Call 239-424-3210 to
schedule an appointment
Location: Fitness Desk

Lunch & Learn: Medicare/Medicaid 101
11:30 a.m.-1:30 p.m. RSVP

THURSDAY, AUGUST 15
Top Retirement Mistakes
2-3 p.m. RSVP

MONDAY, AUGUST 19
Vegan or Keto: What’s Best for Cancer Prevention
10-11 a.m. RSVP

TUESDAY, AUGUST 20
Advance Directives
1-2 p.m. RSVP

WEDNESDAY, AUGUST 21
Acupuncture for Seasonal Allergies
3-4 p.m. RSVP

THURSDAY, AUGUST 22
Beat the Heat with Hydration
1-2 p.m. RSVP

MONDAY, AUGUST 26
Factors of Hormone Imbalance
4-5 p.m. RSVP

TUESDAY, AUGUST 27
Guided Meditation for Wellness
5:30-6 p.m. RSVP

WEDNESDAY, AUGUST 28
Options in Homecare
11 a.m.-noon RSVP

THURSDAY, AUGUST 29
Friends & Family CPR
1-3 p.m. RSVP

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

THURSDAY, AUGUST 8
Kicking the Sugar Habit
10-11 a.m. RSVP

MONDAY, AUGUST 12
Navigating through Alzheimer’s Disease & Related Dementias
11 a.m-Noon RSVP

MONDAY, AUGUST 26
Sleep and Your Health
1-1:30 p.m. RSVP
Dr. Tyler Spradling, family medicine

Lee Health has two teaching kitchens to serve the community. Call 239-468-0050 for information and classes.