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 (9/5, 9/19)
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

WEDNESDAY, SEPTEMBER 4
The Background & Basics of Medicare Part D Prescription Drug Plans
2-3 p.m. RSVP

FRIDAY, SEPTEMBER 6
Friends & Family CPR
1-3 p.m. RSVP

SATURDAY, SEPTEMBER 7
Gardening Gift for Grandparents
10-11:30 a.m. RSVP

MONDAY, SEPTEMBER 9
Plant-Powered Living Series: Healthy Desserts
12-1 p.m. RSVP

Living Well with Parkinson’s Disease
4-5 p.m. RSVP

TUESDAY, SEPTEMBER 10
The Lift Project (10 Week Series)
10:30-11:30 a.m. RSVP
To register, visit www.leehealth.org/classes.asp

WEDNESDAY, SEPTEMBER 11
Plant-Based Cooking Series (3 Week Series)
10 a.m.-1p.m.
Call 239-468-0050 for info and to register

Acupuncture for Headache & Migraine Relief
3-4 p.m. RSVP

THURSDAY, SEPTEMBER 12
Youth Mental Health First Aid
8 a.m.-4 p.m.
To register, visit www.leehealth.org/classes.asp

Wound Care
3-4 p.m. RSVP
Dr. Jeremy Tamir, wound care & hyperbaric medicine

FRIDAY, SEPTEMBER 13
Essential Oils Make & Take: Travel Shampoo
9:30-10:30 a.m. RSVP
Fee: $10

MONDAY, SEPTEMBER 16
All Can Fall: Raising Awareness About Challenges of Living with a Vestibular Disorder
2-3 p.m. RSVP
Bladder & Bowel Dysfunction in Parkinson’s Disease
4-5 p.m. RSVP

TUESDAY, SEPTEMBER 17
Movie Day: GMO OMG
1-3 p.m. RSVP
How to Improve Low Back Pain
4-5 p.m. RSVP
Dr. Junaid Kamal, pain management

WEDNESDAY, SEPTEMBER 18
Community Guided Meditation
2:30-3 p.m. RSVP

THURSDAY, SEPTEMBER 19
Alzheimer’s Support Group
10 a.m.-noon RSVP
Dutch Dine & Discover: Tokyo Bay
11:30 a.m.-1 p.m. RSVP
Location: 24880 S. Tamiami Trail, Unit 2, Bonita Springs
Factors of Hormone Imbalance
2-3 p.m. RSVP

FRIDAY, SEPTEMBER 20
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

MONDAY, SEPTEMBER 23
Mobile Blood Drive
10 a.m.-2 p.m.
Memory Screenings
10 a.m.-2 p.m.
Call 239-468-0050 to schedule an appointment

Lunch & Learn: Staying on Your Feet–Balance & Cognitive Awareness
11:30 a.m.-1:30 p.m. RSVP
Facing the Fear of Falling
2-3 p.m. RSVP

Benefits of Exercise for People with Parkinson’s Disease
4-5 p.m. RSVP

WEDNESDAY, SEPTEMBER 25
10 Early Signs & Symptoms of Alzheimer’s
2-3 p.m. RSVP
THURSDAY, SEPTEMBER 26
Step WiseLee: Saving Lives Through Fall Prevention
10-11 a.m. RSVP
Community Yoga Class
5-6 p.m. RSVP

FRIDAY, SEPTEMBER 27
Bladeless Laser Cataract Surgery: What You Need to Know
10-11 a.m. RSVP
Dr. John Snead, ophthalmologist
Vision screenings available: Call 239-468-0050 to schedule an appointment
Lunch & Learn: Vitamins & Supplements- Part 2
12-1 p.m. RSVP

SATURDAY, SEPTEMBER 28
Get In Rhythm: Atrial Fibrillation Awareness
10 a.m.-1 p.m. RSVP
Dr. Roshan Vatthyam, electrophysiologist
Dr. Paul DiGiorgi, cardiothoracic surgeon
Balance & Fall Prevention for People with Parkinson’s
4-5 p.m. RSVP

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

Saturday, October 5th
Inspiring Health 5k & Fall Harvest Fest
7:30 a.m. Kids Run
8 a.m. 1 mile & 5K Race
9 a.m.- noon Fall Harvest Fest
LEE HEALTH
Caring People. Inspiring Health.

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 (9/12, 9/26)**
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

**WEDNESDAY, SEPTEMBER 4**
Essential Oils Make & Take: Travel Shampoo
10-11 a.m. RSVP
Fee: $10

**THURSDAY, SEPTEMBER 5**
How to Prepare Your Florida Garden for the Vegetable Season
10-11 a.m. RSVP

**FRIDAY, SEPTEMBER 6**
The LIFT Project (10 Week Series)
3:30-4:30 p.m.
To register, visit www.leehealth.org/classes.asp

**MONDAY, SEPTEMBER 9**
Dementia Caregiver College: Understanding Alzheimer’s & Dementia
10-11:30 a.m. RSVP

**Movie Day: GMO OMG**
1-3 p.m. RSVP

**WEDNESDAY, SEPTEMBER 11**
Physical Therapy Screenings
10 a.m.-noon
Call 239-424-3210 to schedule an appointment
Location: Fitness Desk

**Living Well with Parkinson’s Disease**
10-11 a.m. RSVP

**Lunch & Learn: Dotting Your “I”s & Crossing Your “T”s—Planning For Aging**
11:30 a.m.-1:30 p.m. RSVP

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

**THURSDAY, SEPTEMBER 12**
Step WiseLee: Saving Lives Through Fall Prevention
10-11 a.m. RSVP

**Crystal Bowl Meditation**
6:30-7:30 p.m. RSVP
Fee: $10
Location: Mind & Body Studio

**FRIDAY, SEPTEMBER 13**
Memory Café
10 a.m.-noon
Call 1-800-272-3900 to RSVP

**MONDAY, SEPTEMBER 16**
Dementia Caregiver College: The Diagnostic Process
10-11:30 a.m. RSVP

**TUESDAY, SEPTEMBER 17**
Acupuncture for Headache & Migraine Relief
3-4 p.m. RSVP

**WEDNESDAY, SEPTEMBER 18**
Benefits of Exercise for People with Parkinson’s Disease
10-11 a.m. RSVP

**10 Early Signs & Symptoms of Alzheimer’s**
1-2 p.m. RSVP

**All Can Fall: Raising Awareness About Challenges of Living with a Vestibular Disorder**
3-4 p.m. RSVP

**THURSDAY, SEPTEMBER 19**
Balance Screenings
10 a.m.-noon
Call 239-424-3210 to schedule an appointment

**Kitchen Tips for a Healthy Heart**
1-2 p.m. RSVP

**FRIDAY, SEPTEMBER 20**
Vitamins & Mineral Supplements: hype or help for healthy eating
1-2 p.m. RSVP

**MONDAY, SEPTEMBER 23**
Dementia Caregiver College: Diagnosed, Now What - Difficult Conversations
10-11:30 a.m. RSVP

**TUESDAY, SEPTEMBER 24**
Dutch Dine & Discover: Fish Tale Grill
11:30-1 p.m. RSVP
Location: 1229 SE 47 Terrace, Cape Coral

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

**WEDNESDAY, SEPTEMBER 25**
Balance & Fall Prevention for People with Parkinson’s Disease
10-11 a.m. RSVP

**Lunch & Learn: Optimizing Healing with Diet & Exercise**
12-1 p.m. RSVP

**Friends & Family CPR**
1-3 p.m. RSVP

**FRIDAY, SEPTEMBER 27**
Easy Native Plants for Your Garden
10-11 a.m. RSVP

**MONDAY, SEPTEMBER 30**
Dementia Caregiver College: Effective Communication Techniques
10-11:30 a.m. RSVP

**THURSDAY, SEPTEMBER 12**
Phytonutrients for Your Health
2-3 p.m. RSVP

**TUESDAY, SEPTEMBER 17**
What Can Acupuncture & Massage Therapy Do For You?
7-8 p.m. RSVP

**WEDNESDAY, SEPTEMBER 25**
5 Acupressure Points to Enhance Your Health
7-8 p.m. RSVP

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

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

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Golisano Children’s Hospital of Southwest Florida Family Program