

Healthy Life Center

Your Health and Wellness Destination.

SEPTEMBER 2019

All Classes are Open to the Community
No Membership Required!

Healthy Life Center—Coconut Point 23450 Via Coconut Point, Estero, FL 34135 For reservations call 239-468-0050

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 Vathiyam, electrophysiologist
Dr. Paul DiGiorgi, cardiothoracic surgeon

MONDAY, SEPTEMBER 30

Farewell to Falls

2-3 p.m. RSVP

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

9a.m.- noon Fall Harvest Fest



Scan this code with your cell phone camera for Inspiring Health 5K Information.



Healthy Life Center | SEPTEMBER 2019

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No Membership Required!

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
Dr. Daren Subnaik, pain management

THURSDAY, SEPTEMBER 26 Memory Screenings

10 a.m.-noon
Call 239-424-3210 to schedule an appointment

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

Healthy Life Center- Babcock Ranch

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

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

