



Healthy Life Center

Education and Navigation

Healthy Life Center Virtual Classroom!

JUNE

All June classes will be held virtually and can be accessed via computer or smartphone application.

Tuesday, June 2

Chair Yoga

11 a.m.-noon RSVP

Wednesday, June 3

Nutrition in the Kitchen: Diabetes

1-2 p.m. RSVP

Thursday, June 4

Advance Directives

10-11 a.m. RSVP

Friday, June 5

Cooking with Kat:

Top 5 Soy Myths

1-2 p.m. RSVP

Monday, June 8

Kids Cooking Camp: week 1

4-5 p.m. RSVP

Monday, June 8

Living with ASTHMA: Understanding the Disease, Symptoms, Triggers & Management

1-2 p.m. RSVP

Tuesday, June 9

Meditation for Teens

Noon-12:30 p.m. RSVP

Wednesday, June 10

Osteoporosis Part I: Too Fit to Fracture

10-11 a.m. RSVP

Nutrition in the Kitchen: Heart Disease

1-2 p.m. RSVP



Thursday, June 11

Fourth Trimester Club

10:30 a.m.-noon RSVP
Moms and children under 1 year

Plant-Powered Living: Chronic Disease Prevention

1-2 p.m. RSVP

Gentle Yoga Flow

3-4 p.m.

Friday, June 12

Managing Arthritis Pain, Brightening Lives

11 a.m.-noon RSVP

Cooking with Kat: All about the Kraut

1-2 p.m. RSVP

Monday, June 15

Kids Cooking Camp: week 2

4-5 p.m. RSVP

Tuesday, June 16

Chair Yoga

11 a.m.-noon RSVP

Wednesday, June 17

Osteoporosis Part II: Too Fit to Fracture

10-11 a.m. RSVP

What is Leaky Gut?

2-3 p.m. RSVP

Thursday, June 18

Alzheimer's Caregiver Support Group

10a.m.-noon RSVP

Friday, June 19

Cooking with Kat:

Mushrooms as Medicine

1-2 p.m. RSVP

Monday, June 22

Kids Cooking Camp: week 3

4-5 p.m. RSVP

Tuesday, June 23

Knee Pain and Osteoarthritis

11 a.m.-noon RSVP

Wednesday, June 24

Osteoporosis Part III: Nutrition Recommendations

10-11 a.m. RSVP

Balancing Your Stress to Increase Your Energy

1-2 p.m. RSVP

Thursday, June 25

Fourth Trimester Club

10:30 a.m.-noon RSVP

Moms and children

under 1 year

Gentle Yoga Flow

3-4 p.m. RSVP

Friday, June 26

Cooking with Kat: Fish to Mercury & Omega 3

1-2 p.m. RSVP

Kids Cooking Camp: week 4

4-5 p.m. RSVP

Tuesday, June 30

Chair Yoga

11 a.m.-noon RSVP

Healthy Happy Hour: Let's Relax!

4-5 p.m. RSVP

REMINDERS:

Every Friday SWFL Produce Box Pick-up to Resume at Lee Health Coconut Point

To place an order
visit swflproduce.com



Monday, June 29 Mobile Blood Drive

10 a.m.-3p.m.

Location:

Lee Health



Healthy Life Center is your destination for services and education.
We're ready to help you become the best version of yourself!

RSVP at 239-468-0050 • healthylifecenter@leehealth.org
tinyurl.com/HealthyLifeCenter

