



Healthy Life Center

Education and Navigation

Healthy Life Center Virtual Classroom!

NOVEMBER

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

Lee Health 5th Annual Inspiring Health VIRTUAL 5K

Wed., November 4 -
Tues., November 10

To register, visit tinyurl.com/Inspire5K
Complete the distance between 11/4-11/10 and submit to win raffle prizes



Tuesday, November 10 Chair Yoga

11 a.m.-noon RSVP

How Diabetes Affects the Eyes

2-3 p.m. RSVP
Dr. Nicole Alessi, optometry

Wednesday, November 11

Oh! My Aches & Pains:
Taking Control of Fibromyalgia
10-11 a.m. RSVP

Thursday, November 12

Virtual Memory Screenings
9 a.m.-noon
To schedule an appointment, call 239-468-0050

Fourth Trimester Club ☀️

10:30 a.m.-noon RSVP

Diabetes 101

2-3 p.m. RSVP
Dr. Nalinbhai Patel, internal medicine

Monday, November 16

Prediabetes: Are You at Risk?
10-11 a.m. RSVP

Cooking with Kat: Mediterranean Series

1-2 p.m. RSVP

Tuesday, November 17

Love the Skin You're In
3-4 p.m. RSVP

Wednesday, November 18

ABCs of Florida's Bugs & Bites: An Allergist's Approach

10-11 a.m. RSVP
Dr. Laura Veras, allergy & immunology

Nutrition in the Kitchen: Staying Healthy Around the Holidays

Noon-1 p.m. RSVP

Thursday, November 19

Tinnitus: Ouch!
10-11 a.m. RSVP

Alzheimer's Caregiver Support Group

10 a.m.-noon RSVP

Plant-Powered Living: Holiday Nutrition Survival Kit

1-2 p.m. RSVP

Gentle Yoga Flow

3-4 p.m. RSVP



Friday, November 20

Diabetes & Your Feet

10-11 a.m. RSVP
Dr. Brooke Austin, podiatry

Healthy Happy Hour: Seasonal Celebration

2-3 p.m. RSVP



Monday, November 23

Cooking with Kat: Making Smarter Food Choices with Diabetes

1-2 p.m. RSVP

Tuesday, November 24

Chair Yoga

11 a.m.-noon RSVP

Virtual Family Fun Activity: Gratitude Craft ☀️

2-3 p.m. RSVP

Every Friday

SWFL Produce Box

3-4 p.m.

To place an order visit swflproduce.com



Monday, November 2

Vestibular Support Group
1-2:30 p.m. RSVP

Wednesday, November 4

Racket Sports: Serving up Health Benefits

10-11 a.m. RSVP

Thursday, November 5

Acupuncture as a Tool for Anxiety

11 a.m.-noon RSVP

Gentle Yoga Flow

3-4 p.m. RSVP

Monday, November 9

Seniors Blue Book University:
End of Life Planning-
Having the Uncomfortable
Conversation

10-11:30 a.m. RSVP

Parkinson's Disease Psychosis:

A Common Non-Motor Symptom

12:30-1:30 p.m. RSVP

Dr. Ramon Gil, neurology

☀️ Golisano Children's Hospital of Southwest Florida Family Program

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

