



Healthy Life Center

Education and Navigation

MAY

May classes will be held virtually and in-person with appropriate precautions.

VIRTUAL CLASSES

Monday, May 3

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

Tuesday, May 4

Morning Meditation
10-10:30 a.m. RSVP

Wednesday, May 5

Neck Range of Motion, Why is it Important?
10-11 a.m. RSVP

Acupuncture: Rebalance & Restore Your Energy
Noon-1 p.m. RSVP

Thursday, May 6

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, May 7

Cooking with Kat: Food & Mood
11 a.m.-noon RSVP

Tuesday, May 11

Chair Yoga
11 a.m.-noon RSVP

Wednesday, May 12

Hurricane Preparedness: In a COVID-19 World
10-11 a.m. RSVP

Thursday, May 13

Lifestyle Health: Self-Reflection of Your Mental Health
2-3 p.m. RSVP

Friday, May 14

The Ins & Outs of Self-Managing HIV
11 a.m.-noon RSVP

Cooking with Kat: Nutrition & High Blood Pressure
1-2 p.m. RSVP



Monday, May 17

New Resources for Seniors in Lee County
1-2 p.m. RSVP

Mental Health Today: Taking Care of Your Neighbor
3-4 p.m. RSVP
Dr. Paul Simeone, behavioral health

Thursday, May 20

Osteoarthritis: "Joint" Us for the Journey
10-11 a.m. RSVP

Alzheimer's Caregiver Support Group
10 a.m.-noon RSVP

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, May 21

Cooking with Kat: Breakfast Ideas with a Twist
1-2 p.m. RSVP

Monday, May 24

Seniors Blue Book University: Estate Planning & More
10-11 a.m. RSVP

Tuesday, May 25

Chair Yoga
11 a.m.-noon RSVP

Wednesday, May 26

Self-Care Meditation
12:30-1 p.m. RSVP

Family Event: May Mischief ☀️
2-3 p.m. RSVP

Thursday, May 27

Virtual Memory Screenings
9 a.m.-noon
Call 239-468-0050 to schedule an appointment

Anxiety 101
10-11 a.m. RSVP

Stroke Awareness
1-2 p.m. RSVP

Friday, May 28

Cooking with Kat: The Nutrition Facts Label
1-2 p.m. RSVP

IN-PERSON EVENTS

Lee Health Coconut Point
To register for these events, call 239-468-0050

Tuesday, May 4

Outdoor Yoga Flow
2-3 p.m. or
3:15-4:15 p.m.

Tuesday, May 18

Outdoor Yoga Flow
2-3 p.m. or
3:15-4:15 p.m.

Every Friday

SWFL Produce Box
3-4 p.m.
To place an order visit www.swflproduce.com



COMING UP IN JUNE!

20 Day Whole Food Challenge
Reset your system with whole foods
Wednesdays, 1-2 p.m.
Call 239-468-0050 for more information



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

 Golisano Children's Hospital of Southwest Florida Family Program

RSVP at 239-468-0050 • healthylifecenter@leehealth.org
www.leehealth.org/events/

 **LEE HEALTH**
Healthy Life Center