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

Monday, July 6
Florida Summers Bring the Heat: Learn How to Be Safe  
2-3 p.m. RSVP

Tuesday, July 7
Chair Yoga  
11 a.m.-noon RSVP

Wednesday, July 8
How Should Your Arm Move Part 1: Unlock Secrets to Everyday Function  
10-11 a.m. RSVP

Nutrition in the Kitchen: Eating for a Healthy Colon  
1-2 p.m. RSVP

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

Staying Strong at Home: Heart Healthy Exercise & Tips  
10-11 a.m. RSVP

Fourth Trimester Club  
10:30 a.m.-noon RSVP

Micronutrient Testing: What are they and Why are they Essential?  
1-2 p.m. RSVP

Friday, July 10
Cooking with Kat: Greek Cuisine  
1-2 p.m. RSVP

Monday, July 13
Off-Pump Coronary Artery Bypass Surgery  
3-4 p.m. RSVP  
Dr. Michael DeFrain, cardiothoracic surgeon

Wednesday, July 15
How Should Your Arm Move Part 2: Unlock Secrets to Sports Performance  
10-11 a.m. RSVP

Nutrition in the Kitchen: Food & Mood  
1-2 p.m. RSVP

Thursday, July 16
Alzheimer’s Caregiver Support Group  
10 a.m.-noon RSVP

Plant Powered Series: Oil-Free Cooking  
1-2 p.m. RSVP

Gentle Yoga Flow  
3-4 p.m. RSVP

Friday, July 17
Cooking with Kat: Five Ingredients or Less  
1-2 p.m. RSVP

Tuesday, July 21
Chair Yoga  
11 a.m.-noon RSVP

Wednesday, July 22
Nutrition in the Kitchen: Healthy Aging  
1-2 p.m. RSVP

Healthy Happy Hour: Family & Friends CPR  
3:30-4:30 p.m. RSVP

Thursday, July 23
Virtual Memory Screenings  
9 a.m.-noon  
To schedule an appointment, call 239-468-0050

Fourth Trimester Club  
10:30 a.m.-noon RSVP

Sleep 101  
3-4 p.m. RSVP  
Dr. Jose Colon, sleep medicine

Friday, July 24
Cooking with Kat: Pasta Making  
1-2 p.m. RSVP

Monday, July 27
Understanding & Coping with Anxiety  
10-11 a.m. RSVP

Wednesday, July 29
Nutrition in the Kitchen: Diabetes  
1-2 p.m. RSVP

Thursday, July 30
Keeping our Children Safe: COVID Guidelines  
11 a.m.-noon RSVP  
Dr. Denise Drago, pediatrician

Gentle Yoga Flow  
3-4 p.m. RSVP

Friday, July 31
Cooking with Kat: Smart Snacking  
1-2 p.m. RSVP

REMINDER:
Every Friday SWFL Produce Box  
3-4 p.m.  
Pickup Location: Lee Health Coconut Point Pavilion  
To place an order visit swflproduce.com