



Healthy Life Center

Education and Navigation

JANUARY

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

VIRTUAL CLASSES

Tuesday, January 5

**Morning Meditation:
Fresh New Beginnings**
10-10:30 a.m. RSVP

Chair Yoga
11 a.m.-noon RSVP

Thursday, January 7

**Fourth Trimester Club:
New Year Vision Boards** ☀️
10:30a.m.-noon RSVP

**Glaucoma: Causes, Symptoms &
Treatments**
2-3 p.m. RSVP
Dr. Nicole Alessi, optometry

Friday, January 8

**Cooking with Kat: Is Gluten-Free
a Trend or a Real Threat?**
1-2 p.m. RSVP

Tuesday, January 12

**All About You: Chronic Disease
Self-Management Program
(6 Week Series)**
9:30-11:30 a.m.
To register, call 239-343-9264

**The LIFT Project:
Live More Happy (10 Week Series)**
11:30 a.m.-12:30 p.m.
To register, visit
www.leehealth.org/classes.asp

**Lumps & Bumps in the
Head & Neck**
Noon-1 p.m. RSVP
Dr. Scott Larson, otolaryngology

Wednesday, January 13

**Lee Health's MyChart Profile
Tutorial**
10:30-11 a.m. RSVP
**The Time is Now!
Take Charge of Your Nutrition**
Noon-1 p.m. RSVP

Thursday, January 14

**Dementia Caregivers College:
Understanding Alzheimer's &
Dementia**
10-11 a.m. RSVP

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, January 15

**Cooking with Kat:
Raw Foods Fundamentals**
1-2 p.m. RSVP

Monday, January 18

**Family Event:
Yoga with a Twist** ☀️
1-2 p.m. RSVP

**Finding Solutions for Balance,
Dizziness & Vertigo Problems**
3-4 p.m. RSVP

Tuesday, January 19

Chair Yoga
11 a.m.-noon RSVP

**Uterine Fibroids:
What are my Options?**
12:30-1:30 p.m. RSVP
Dr. Eeka Marshall, OBGYN

Wednesday, January 20

**Soft Tissue for My Issues:
What Physical Therapy Can
Do for You**
10-11 a.m. RSVP

Thursday, January 21

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

**Fourth Trimester Club:
At Home Sensory Play** ☀️
10:30a.m.-noon RSVP

**Plant-Powered Living:
Non-Dairy Milk Alternatives**
1-2 p.m. RSVP

Friday, January 22

**Cooking with Kat: Sleep &
Weight Control**
1-2 p.m. RSVP

Monday, January 25

**Seniors Blue Book University:
Memories Matter**
10-11:30 a.m. RSVP

**Tips & Tricks for Living Well
With Parkinson's**
3-4 p.m. RSVP

Tuesday, January 26

Sleep Apnea
10-11 a.m. RSVP
Dr. Ernesto Eusebio, sleep
medicine

Yogic Breath Work
1-1:30 p.m. RSVP

Wednesday, January 27

**Applying Lifestyle Medicine
to Primary Care**
Noon-1 p.m. RSVP
Dr. Sandraliz Solano, family
medicine

Eczema: What do the Experts Say?
3-4 p.m. RSVP
Dr. Dunnett Durando,
dermatology

Thursday, January 28

**Dementia Caregivers College:
Dementia Conversations**
10-11 a.m. RSVP

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, January 29

**Cooking with Kat:
Food Trends 2021**
1-2 p.m. RSVP

IN-PERSON EVENTS

To register for these events,
call 239-468-0050

Tuesday, January 12

Outdoor Yoga Flow
2-3 p.m.

Monday, January 18

**Medication & Supplements
Review**
9 a.m.-noon

Tuesday, January 26

Outdoor Yoga Flow
2-3 p.m.

Friday, January 29

**Your Muscle Mass & More:
Body Composition Explained**
10 a.m.-noon

Every Friday

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



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
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