Healthy Life Center
Virtual Classroom!

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

**Tuesday, September 1**
Chair Yoga
11 a.m.-noon RSVP

**Wednesday, September 2**
Nutrition in the Kitchen: Nutrition Awareness for Women
1-2 p.m. RSVP

**Thursday, September 3**
Fourth Trimester Club
10:30 a.m.-noon RSVP
Know Your Skin: What to Look For
11 a.m.-noon RSVP
Dr. Keith Harris, dermatologist

**Sexual Health**
3-4 p.m. RSVP
Dr. Eric Feinberg, obstetrics & gynecology

**Friday, September 4**
Lee Health's MyChart Profile Basics
10:30-11 a.m. RSVP
Cooking with Kat: Cranberry Craze
1-2 p.m. RSVP

**Tuesday, September 8**
Watch Your Waist: The Health Consequences of Obesity
1-2 p.m. RSVP
Dr. Ram Kafle, family medicine

**Wednesday, September 9**
Longer & Stronger: How’s My Posture?
10-11 a.m. RSVP
Nutrition in the Kitchen: Healthy Lifestyle for Men
1-2 p.m. RSVP

**Thursday, September 10**
Virtual Memory Screenings
9 a.m.-noon
To schedule an appointment, call 239-468-0050
Gentle Yoga Flow
3-4 p.m. RSVP

**Friday, September 11**
Cooking with Kat: An Apple a Day
1-2 p.m. RSVP

**Monday, September 14**
Balance & Core to Improve Back Pain
9-10 a.m. RSVP
Balance Awareness Part 1: Evaluation for Vestibular Disorders
1-2 p.m. RSVP

**Tuesday, September 15**
Morning Meditation
10-10:30 a.m. RSVP
Chair Yoga
11 a.m.-noon RSVP

**Wednesday, September 16**
Longer & Stronger: Exercises and Tips to Improve Posture
10-11 a.m. RSVP
Nutrition in the Kitchen: Fad Diets
1-2 p.m. RSVP

**Thursday, September 17**
Alzheimer’s Caregiver Support Group
10 a.m.-noon RSVP
Fourth Trimester Club
10:30 a.m.-noon RSVP
Balance Awareness Part 2: Treatment for Vestibular Disorders
1-2 p.m. RSVP
Plant-Powered Living
3-4 p.m. RSVP

**Friday, September 18**
Cooking with Kat: Spice Up Your Life
1-2 p.m. RSVP

**Monday, September 21**
Virtual Falls Prevention Health Fair
9-11 a.m.
To register, call 239-468-0050
Child Passenger Safety Education Event
10-11 a.m. RSVP

**Tuesday, September 22**
Dementia Caregivers College: 10 Warning Signs—When Should I Be Concerned
10-11 a.m. RSVP
Falls Prevention Part 1: Identifying Risks
1-2 p.m. RSVP

**Wednesday, September 23**
Lifestyle Health: Back to Basics
10-11 a.m. RSVP
Nutrition in the Kitchen: The Amazing Liver
1-2 p.m. RSVP

**Thursday, September 24**
Navigating Your Hearing Healthcare In A COVID-19 World
10-11 a.m. RSVP
Falls Prevention Part 2: Minimizing Risks
1-2 p.m.
Gentle Yoga Flow
3-4 p.m. RSVP

**Friday, September 25**
Cooking with Kat: Vietnamese Summer Rolls
1-2 p.m. RSVP

**Monday, September 28**
Seniors Blue Book University: Senior Living Options in SWFL
10-11:30 a.m. RSVP

**Tuesday, September 29**
Chair Yoga
11 a.m.-noon RSVP

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**REMINDERS**

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

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