



Healthy Life Center

Education and Navigation

Healthy Life
Center Virtual
Classroom!

SEPTEMBER

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

 Golisano Children's Hospital of Southwest Florida Family Program

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



REMINDERS

Every Friday SWFL Produce Box

3-4 p.m.
Pickup Location: Lee Health Coconut Point
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!

RSVP at 239-468-0050 • healthylifecenter@leehealth.org
tinyurl.com/HealthyLifeCenter

