



Healthy Life Center

Education and Navigation

Healthy Life
Center Virtual
Classroom!

OCTOBER

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

Lee Health 5th Annual Inspiring Health VIRTUAL 5K



To register, visit tinyurl.com/Inspire5K
Wed., November 4 - Tues., November 10
Complete the distance between
11/4-11/10 and submit to win raffle prizes

Thursday, October 1 Fourth Trimester Club



10:30 a.m.-noon RSVP
**Flu Vaccine: Facts, Myths, &
Is It Right For You?**
2-3 p.m. RSVP

Friday, October 2 Imbalance & Ears: Diagnosis and Treatment

2:30-3:30 p.m. RSVP
Dr. Ann Rasmussen, audiologist

Monday, October 5 Get to Know Your Hip & Knee LPG Ortho Team

11 a.m. - noon RSVP
Dr. Patrick Fessler, orthopedic surgeon
Paula Mahan, physician assistant

Tuesday, October 6 The LIFT Project: Live More Happy

11:30 a.m.-12:30 p.m.
To register, visit
www.leehealth.org/classes.asp

Wednesday, October 7 Improve the Way You Move: Ankle Mobility

10-11 a.m. RSVP
**Nutrition in the Kitchen:
All About Cholesterol**
1-2 p.m. RSVP

Thursday, October 8 Depression: From Pain to Power

10-11 a.m. RSVP
Healthy Happy Hour: TaTa Sisterhood
1-2 p.m. RSVP

Gentle Yoga Flow

3-4 p.m. RSVP

Friday, October 9 Cooking with Kat: Breakfast Muffins & Cookies

1-2 p.m. RSVP

Monday, October 12 Plant-Powered Living Series: Fiber...A Trick? Or a Treat?

1-2 p.m. RSVP
**Tuesday, October 13
Morning Meditation**
10-10:30 a.m. RSVP

Chair Yoga

11 a.m.-noon RSVP
**Wednesday, October 14
Dementia Caregivers College:
Understanding Alzheimer's & Dementia**
10-11 a.m. RSVP

Nutrition in the Kitchen: All About Kava

1-2 p.m. RSVP
**Thursday, October 15
Virtual Memory Screenings**
9 a.m.-noon
To schedule an appointment,
239-468-0050

Alzheimer's Caregiver Support Group

10 a.m.-noon RSVP
Fourth Trimester Club



Breast Cancer Awareness: Importance of Early Detection

1-2 p.m. RSVP
**Friday, October 16
Nutrition, Exercise & Your Weight**
10-11 a.m. RSVP
Dr. Lori Williams, internal medicine

Cooking with Kat: Plant Based Cooking

1-2 p.m. RSVP
**Tuesday, October 20
Lifestyle Health:
Your Environmental Detox**
2-3 p.m. RSVP

Wednesday, October 21 Improve Your Golf Swing: A Physical Therapist's Approach

10-11 a.m. RSVP
**Nutrition in the Kitchen:
Eating for Cancer Prevention**
1-2 p.m. RSVP



Golisano Children's Hospital of Southwest Florida Family Program

Thursday, October 22 Sleep 101

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

Gentle Yoga Flow

3-4 p.m. RSVP
**Friday, October 23
Cooking with Kat: Cooking for One or Two**
1-2 p.m. RSVP

Monday, October 26 Seniors Blue Book University: Medicare/Medicaid 101

10-11:30 a.m. RSVP
**Tuesday, October 27
Spirituality during a Pandemic**
9:30-10:30 a.m. RSVP

Chair Yoga

11 a.m.-noon RSVP
Cooking with Kat: Mediterranean Series
2-3 p.m. RSVP

Wednesday, October 28 Nutrition in the Kitchen: Clean Eating

1-2 p.m. RSVP
**Thursday, October 29
Flu Shot Clinic**
10 a.m.-1 p.m.
Call 239-468-0050 to schedule an
appointment

Fourth Trimester Club

10:30 a.m.-noon RSVP
**Fall Family Fun:
Meditative Art & Yoga**



Every Friday SWFL Produce Box

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



Monday, October 19 Mobile Blood Drive

10 a.m.-3 p.m.
Lee Health
Coconut Point



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

