VIRTUAL CLASSES

**Thursday, July 1**
Morning Meditation: Fresh New Beginnings
10-10:30 a.m. RSVP

**Family Event:**
Patriotic Celebrations
1-2 p.m. RSVP

**Gentle Yoga Flow**
3-4 p.m. RSVP

**Tuesday, July 6**
Chair Yoga
11 a.m.-noon RSVP

**Wednesday, July 7**
Parkinson’s Disease & Speech Therapy - Say What?
10-11 a.m. RSVP

**Tuesday, July 8**
MyChart Tutorial
10:30-11 a.m. RSVP

**Tuesday, July 13**
Why you should eat MORE not LESS.
10-11 a.m. RSVP

**Skin Health & UV Rays**
1-2 p.m. RSVP

**Wednesday, July 14**
The Hurricane Medicine Cabinet
10-11 a.m. RSVP

**Thursday, July 15**
Gentle Yoga Flow
3-4 p.m. RSVP

**Friday, July 16**
Cooking with Kat: Pros & Cons of a Low Carb Diet
1-2 p.m. RSVP

**Tuesday, July 20**
Chair Yoga
11 a.m.-noon RSVP

**Wednesday, July 21**
Living Better with Arthritis: The Medical & Therapy Perspectives
10-11 a.m. RSVP
Dr. Sandra Chesoni, rheumatology

**Thursday, July 22**
Wearable Technology in Healthcare
1-2 p.m. RSVP

**Monday, July 26**
Seniors Blue Book University: Shortcuts When Shopping for Senior Living
10-11 a.m. RSVP

**Wednesday, July 28**
Chinese Medicine: How to Use Foods, Herbs & Supplements for Energized Health
Noon-1 p.m. RSVP

**Thursday, July 29**
Gentle Yoga Flow
3-4 p.m. RSVP

**Friday, July 30**
Cooking with Kat: Sustainability & Plant Forward Nutrition
1-2 p.m. RSVP

IN-PERSON EVENTS

**Lee Health Coconut Point**
23450 Via Coconut Point, Estero, FL 33928
To register for these events, call 239-468-0050.

**Friday, July 2**
Cooking Demo: July 4th Recipes & Food Swaps
1-2 p.m.

**Tuesday, July 13**
Outdoor Gentle Yoga Flow
9-10 a.m.

**Thursday, July 15**
Alzheimer’s Caregiver Support Group
10 a.m.-noon

**Thursday, July 22**
Falls Prevention: Step Smart
10-11 a.m.

**Friday, July 23**
Cooking Demo: Chinese Takeout
11 a.m.-noon

**Tuesday, July 27**
Outdoor Gentle Yoga Flow
9-10 a.m.

**Thursday, July 29**
Skin Cancer Screenings
9 a.m.-noon
Appointment required

Every Monday, Wednesday, & Friday
Walking Club Meet-Up
8 a.m.

Every Friday
SWFL Produce Box
3-4 p.m.
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