



Healthy Life Center

Education and Navigation

DECEMBER

Classes will be held **virtually** and **in-person** with appropriate precautions.

VIRTUAL EVENTS

Wednesday, December 7

Nutrition for Arthritis & Inflammation

1-2 p.m. RSVP

Wednesday, December 14

Principles of Motor Learning & Neuroplasticity

10-11 a.m. RSVP

Lifestyle Health: Healthy Boundaries

12 - 1 p.m. RSVP

Monday, December 19

Virtual Chair Yoga with Guided Meditation

12-12:30 p.m. RSVP



WEEKLY IN-PERSON EVENTS

Mondays

SHINE Counseling

9 a.m.-3 p.m.

To schedule an appointment, call 866-413-5337

Every Friday

SWFL Produce Box

3-4 p.m.

To place an order, visit www.swflproduce.com

MIND & BODY PROGRAM

*Class Passes Available for Purchase

Tuesdays (December 6, 13, 20, 27)

Outdoor Chair Yoga

10-11 a.m. RSVP

Instructor: Kristen

Fridays (December 2, 16)

Outdoor Strength, Balance, & Stretch

10:15-11:15 a.m. RSVP

Instructor: Meredith

IN-PERSON EVENTS

Lee Health Coconut Point

23450 Via Coconut Point, Estero, FL 33928

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

Thursday, December 1

4th Trimester Club: Safe Toy Gift Giving

10 - 11 a.m. RSVP

Friday, December 2

Farm to Feed: Root Crops

9-10 a.m. RSVP

Monday, December 5

Essential Oils: Stress Relief Rollers

10-11 a.m. RSVP

Fee: \$10

Tuesday, December 6

Culinary Workshop: Greek Cuisine

11 a.m. -1 p.m. RSVP

Fee: \$10

Wednesday, December 7

Medicare 101

10-11 a.m. RSVP

Monday, December 12

Make and Take: Holiday Ornament

10-11:30 a.m. RSVP

Fee: \$5

Tuesday, December 13

Skin Cancer Screening

8:30a.m.- 11:30a.m.

To schedule an appointment, call 239-468-0050

Outdoor Gentle Yoga Flow

11:15 a.m. -12:15 p.m. RSVP

Tuesday, December 13

Nutrition in the Kitchen: All about Vitamin D

1-2 p.m. RSVP

Thursday, December 15

Alzheimer's Caregiver Support Group

10 a.m. - noon RSVP

4th Trimester Club: Holiday Activities

10 - 11 a.m. RSVP

Lunch & Learn: Relieving Stress with Acupuncture

12- 1 p.m. RSVP

Friday, December 16

Nutrition in the Kitchen: Mindful Eating

1-2 p.m. RSVP

Tuesday, December 20

Cooking with Kat: Holiday Culinary Workshop

11 a.m. -12:30 p.m. RSVP

Fee: \$10



Golisano Children's Hospital of Southwest Florida Family Program



Scan for information

Healthy Life Center is your destination for healthy events in your area.

RSVP at 239-468-0050
healthylifecenter@leehealth.org
LeeHealth.org/Events



LEE HEALTH



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Additional Locations

Please call 239-468-0050 for more information and to register.

BABCOCK RANCH

Cypress Lodge
43511 Bluebird Trail
Punta Gorda, FL 33982

Thursday, December 8
Friends & Family CPR
10 - 11:30 a.m. RSVP

Thursday, December 15
Plant-Based Nutrition Survival Kit
for the Holidays
10-11 a.m. RSVP



BABCOCK RANCH

CAPE CORAL

Healthy Life Center
609 SE 13th Court
Cape Coral, FL 33990

Thursday, December 8
Therapy Strategies for
Freezing of Gait (FOG) with
Parkinson's Disease
2-3 p.m. RSVP

Thursday, December 15
Alzheimer's Association
Brain Bus
9 a.m. - 12 p.m. RSVP
**Caregiving through the
Holidays**
10-11 a.m. RSVP



CYPRESS COVE

Welcome Center
16250 Summerlin Road, Suite 102
Fort Myers, FL 33908

Friday, December 2
Rethink Your Drink: Tea Party
10-11 a.m. RSVP

Friday, December 16
Facing the Fear of Falling
10-11 a.m. RSVP



Personalized Health Navigation Available

Are you new to the area? Need a new physician? We are here for you!

Call 239-468-0050 to speak with one of our Navigators who can connect you with a wide scope of health services.

Healthy Life Center is your **destination** for healthy events in **your area**.



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