



# Healthy Life Center

Education and Navigation

## INTRODUCING THE Healthy Life Center Virtual Classroom! MAY

All May classes will be held virtually through WebEX, which can be accessed via computer, smartphone, or tablet application. Upon registration, instructions and codes will be provided to join at the live class time. The Healthy Life Center team will be a phone call away for support.

**Monday, May 4**  
**Getting Back Together:  
Demo on Taking Virtual  
Classes with the Healthy  
Life Center**  
10:30-11:30 a.m. RSVP

**Tuesday, May 5**  
**Chair Yoga**  
11 a.m.-noon RSVP

**Wednesday, May 6**  
**Intro to Meditation**  
12-1 p.m. RSVP

**Friday, May 8**  
**Cooking with Kat:  
Luscious Lycopene**  
1-2 p.m. RSVP

**Monday, May 11**  
**Immune Health**  
3-4 p.m. RSVP



**Tuesday, May 12**  
**Chair Yoga**  
11 a.m.-noon RSVP

**Wednesday, May 13**  
**Acupressure Techniques  
to Boost Your Mental &  
Physical Health**  
10-11 a.m. RSVP

**Thursday, May 14**  
**Fourth Trimester Club**  
10:30a.m.- noon RSVP

**Plant-Powered Living**  
1-2 p.m. RSVP

**Friday, May 15**  
**Pandemic Pandemonium:  
Sorting through Feelings  
from COVID-19**  
10-11 a.m. RSVP

**Cooking with Kat:  
Plant-Based Cooking**  
1-2 p.m. RSVP

**Monday, May 18**  
**Balancing a  
Healthy Lifestyle**  
1-2 p.m. RSVP

**Tuesday, May 19**  
**Chair Yoga**  
11 a.m.-noon RSVP

**Wednesday, May 20**  
**Flourish as You Age Part 1:  
3 Movements Every Aging  
Adult Should be Able to  
Do & Why**  
10-11 a.m. RSVP

**Thursday, May 21**  
**Alzheimer's Caregiver  
Support Group**  
10 a.m.-noon RSVP

**Friday, May 22**  
**Cooking with Kat:  
Healthy Hydration**  
1-2 p.m. RSVP

**Tuesday, May 26**  
**Chair Yoga**  
11 a.m.-noon RSVP

**Wednesday, May 27**  
**Flourish as You Age Part 2:  
Exercises to Help You Move**  
10-11 a.m. RSVP

**Thursday, May 28**  
**Fourth Trimester Club**  
10:30a.m. - noon RSVP

**Friday, May 29**  
**Cooking with Kat:  
Keeping it Sweet!**  
1-2 p.m. RSVP

### REMINDERS:



#### SWFL Produce Box Pickup throughout Lee County

To place an order visit  
[swflproduce.com](http://swflproduce.com)



**Monday, May 4**  
**Mobile Blood Drive**  
10 a.m.-3 p.m.  
Location: 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](mailto:healthylifecenter@leehealth.org)  
[tinyurl.com/HealthyLifeCenter](http://tinyurl.com/HealthyLifeCenter)



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