



Healthy Life Center

Education and Navigation

Healthy Life Center Virtual Classroom!

AUGUST

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

Monday, August 3

The Building Blocks of Balance
10-11 a.m. RSVP

Tuesday, August 4

Chair Yoga
11 a.m.-noon RSVP

Common Skin Problems: Causes & Treatments
3-4 p.m. RSVP

Wednesday, August 5

Nutrition in the Kitchen: Label Reading
1-2 p.m. RSVP

Thursday, August 6

Fourth Trimester Club ☀️
10:30 a.m.-noon RSVP

Friday, August 7

Cooking with Kat: Five Ingredients or Less
1-2 p.m. RSVP

Silly Socks Family Yoga ☀️
3-4 p.m. RSVP

Monday, August 10

Frauds & Scams
10-11 a.m. RSVP

Tuesday, August 11

An Unbiased Approach to the Keto Diet
11 a.m.-noon RSVP

Aging Eyes

3-4 p.m. RSVP
Dr. Nicole Alessi, optometrist

Wednesday, August 12

How Should Your Leg Move Part 1: Unlock Secrets to Everyday Function
10-11 a.m. RSVP

Nutrition in the Kitchen: The Canola Controversy
1-2 p.m. RSVP



Thursday, August 13

Cough & Cold Therapy Management for Seniors
10-11 a.m. RSVP

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, August 14

Cooking with Kat: Nuts & Seeds
1-2 p.m. RSVP

Monday, August 17

Vestibular Support Group
10-11:30 a.m. RSVP

Tuesday, August 18

Chair Yoga
11 a.m.-noon RSVP

Wednesday, August 19

How Should Your Leg Move Part 2: Unlock Secrets to Sports Performance
10-11 a.m. RSVP

Plant-Powered Living: Sweet Tooth
1-2 p.m. RSVP

Thursday, August 20

Alzheimer's Caregiver Support Group
10 a.m.-noon RSVP

Dementia Sensitivity 101
10-11 a.m. RSVP

Fourth Trimester Club ☀️
10:30 a.m.-noon RSVP

Friday, August 21

Cooking with Kat: Mediterranean Cuisine
1-2 p.m. RSVP

Healthy Happy Hour: Holistic Living
3-4 p.m. RSVP

Monday, August 24

Aging in Place: Services to Keep You Safe at Home
10-11:30 a.m. RSVP

Tuesday, August 25

Better Breathing with COPD
10-11 a.m. RSVP
Dr. Sagar Naik, pulmonologist

Thursday, August 27

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, August 28

The Basics of Environmental Allergies
3-4 p.m. RSVP
Dr. Laura Veras, allergy & immunology specialist



REMINDERS

Every Friday

SWFL Produce Box

3-4 p.m.

Pickup Location:
Lee Health Coconut Point Pavilion

To place an order visit swflproduce.com



Monday, August 24

Mobile Blood Drive

10 a.m.-3 p.m.



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

