



Healthy Life Center

Education and Navigation

Healthy Life
Center Virtual
Classroom!

JULY

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

Monday, July 6

Florida Summers Bring the Heat: Learn How to Be Safe ☀️
2-3 p.m. RSVP

Tuesday, July 7

Chair Yoga
11 a.m.-noon RSVP

Wednesday, July 8

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

Nutrition in the Kitchen: Eating for a Healthy Colon
1-2 p.m. RSVP

Thursday, July 9

Virtual Memory Screenings
9 a.m.-noon
To schedule an appointment, call 239-468-0050

Staying Strong at Home: Heart Healthy Exercise & Tips
10-11 a.m. RSVP

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

Micronutrient Testing: What are they and Why are they Essential?
1-2 p.m. RSVP

Friday, July 10

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



Monday, July 13

Off-Pump Coronary Artery Bypass Surgery
3-4 p.m. RSVP
Dr. Michael DeFrain, cardiothoracic surgeon

Wednesday, July 15

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

Nutrition in the Kitchen: Food & Mood
1-2 p.m. RSVP

Thursday, July 16

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

Plant Powered Series: Oil-Free Cooking
1-2 p.m. RSVP

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, July 17

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

Tuesday, July 21

Chair Yoga
11 a.m.-noon RSVP

Wednesday, July 22

Nutrition in the Kitchen: Healthy Aging
1-2 p.m. RSVP

Healthy Happy Hour: Family & Friends CPR
3:30-4:30 p.m. RSVP

Thursday, July 23

Virtual Memory Screenings
9 a.m.-noon
To schedule an appointment, call 239-468-0050

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

Sleep 101

3-4 p.m. RSVP
Dr. Jose Colon, sleep medicine

Friday, July 24

Cooking with Kat: Pasta Making
1-2 p.m. RSVP

Monday, July 27

Understanding & Coping with Anxiety
10-11 a.m. RSVP

Wednesday, July 29

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

Thursday, July 30

Keeping our Children Safe: COVID Guidelines ☀️
11 a.m.-noon RSVP
Dr. Denise Drago, pediatrician

Gentle Yoga Flow
3-4 p.m. RSVP

Friday, July 31

Cooking with Kat: Smart Snacking
1-2 p.m. RSVP



REMINDER:

Every Friday SWFL Produce Box

3-4 p.m.
Pickup Location:
Lee Health Coconut Point Pavilion
To place an order visit swflproduce.com



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

