



# Healthy Life Center

## Education and Navigation

**JULY**

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

### 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

**Thursday, 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.

**Outdoor Chair Yoga**  
10:15-11:15 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.

**Outdoor Chair Yoga**  
10:15-11:15 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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We're ready to help you become the **best version of yourself!**