

Healthy Life Center

Education and Navigation

JULY
2025

WEEKLY IN-PERSON EVENTS

Every Friday

SWFL Produce Box

3-4 p.m.

To place an order, visit

www.swflproduce.com



Fridays (July 11 & 25)

Blood Pressure Screening

9 a.m. to noon

Walk-ins welcome!

MIND & BODY PROGRAM

* Class passes available for purchase
Limited available spots.

RSVP required.

Thursdays: (July 3, 10, 17, 24, 31)

Chair Yoga

10-11 a.m. RSVP- limited spots

Instructor: Molly

Fridays (July 11, 18, 25)

Stretch, Balance, & Strength

10-11 a.m. RSVP-limited spots

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, July 3

Cooking Demo:

Red, White, and Blue

Noon-1 p.m. RSVP

Fee: \$5



Monday, July 7

From Detection to Innovation:

A Guide to Lung Cancer

Advances

10-11 a.m. RSVP



Monday, July 14

Cooking Demo:

A Ratatouille Experience

2:30-3:30 p.m. RSVP

Fee: \$5

Tuesday, July 15

Watermelon Wonders:

Refresh, Nourish, Hydrate

Noon-1 p.m. RSVP

Fee: \$5

Wednesday, July 16

Mood Matters:

Building Mental Wellness

Through Everyday Habits

11-noon RSVP

Thursday, July 17

Alzheimer's Caregiver Support

Group

10 a.m.-noon RSVP

Friday, July 18

Monthly Grief Support Group

1-2 p.m. RSVP

Tuesday, July 22

Cooking Demo:

Smart Snacks for Energy and

Wellness

1-2 p.m. RSVP

Fee: \$5

Tuesday, July 22

Sleep Apnea: Beyond CPAP

5-6 p.m. RSVP

Dr. Lehmkuhl, otolaryngology

Dr. Jose Colon, sleep physician

*snacks and refreshments

provided*

Wednesday, July 23

Memory Screening

9 a.m.-3 p.m.

Call 239-468-0050

for appointment

Friday, July 25

The Groovy Group -

Music Therapy

10-11 a.m. RSVP

Saturday, July 26

Garden Workshop:

Learn & Grow with the

Healthy Org

9:30-10:30 a.m. RSVP

Wednesday, July 30

Grow Your Own Food:

Starting with Herbs & Greens

10-11 a.m. RSVP

Thursday, July 31

Cooking Demo:

Power Breakfast Ideas

10-11 a.m. RSVP

Fee: \$5

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



Scan for information

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



Healthy Life Center

Education and Navigation

JULY
2025

HEALTHY LIFE CENTER @ WELLWAY CAPE CORAL

609 SE 13th Court
Cape Coral, FL 33990

Tuesday, July 1

Walk-in MyChart Support

10 a.m.-noon

Friday, July 11

Groovy Group - Music Therapy

10:30-11:30 a.m. RSVP

Tuesday, July 15

Nutrition with Val:

Why is Hydration So Important?

10-11 a.m. RSVP

Thursday, July 17

R.E.A.D.Y - Women's Basic Self-Defense

10 a.m.-noon RSVP

Monday, July 21

Nutrition with Val:

How to Make a Better Smoothie

10-11 a.m. RSVP



Tuesday, July 22

Hydration:

Your Summer Lifeline

2-3 p.m. RSVP

Wednesday, July 23

Parkinson's Sleep Struggles and Strategies

2:15-3:15 p.m. RSVP



Friday, July 25

Monthly Grief Support Group

10-11 a.m. RSVP

Wednesday, July 30

Fatty Liver Disease:

More Common Than You Think

10-11 a.m. RSVP

WELLWAY

HEALTHY LIFE CENTER @ CYPRESS RESOURCE GROUP

Cypress Resource Group
16451 Healthpark Commons Dr
Fort Myers, FL 33908

Friday, July 11

Nutrition with Val:

Why is Hydration So Important?

10-11 a.m. RSVP



Friday, July 25

Parkinson's Sleep Struggles and Strategies

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.



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

