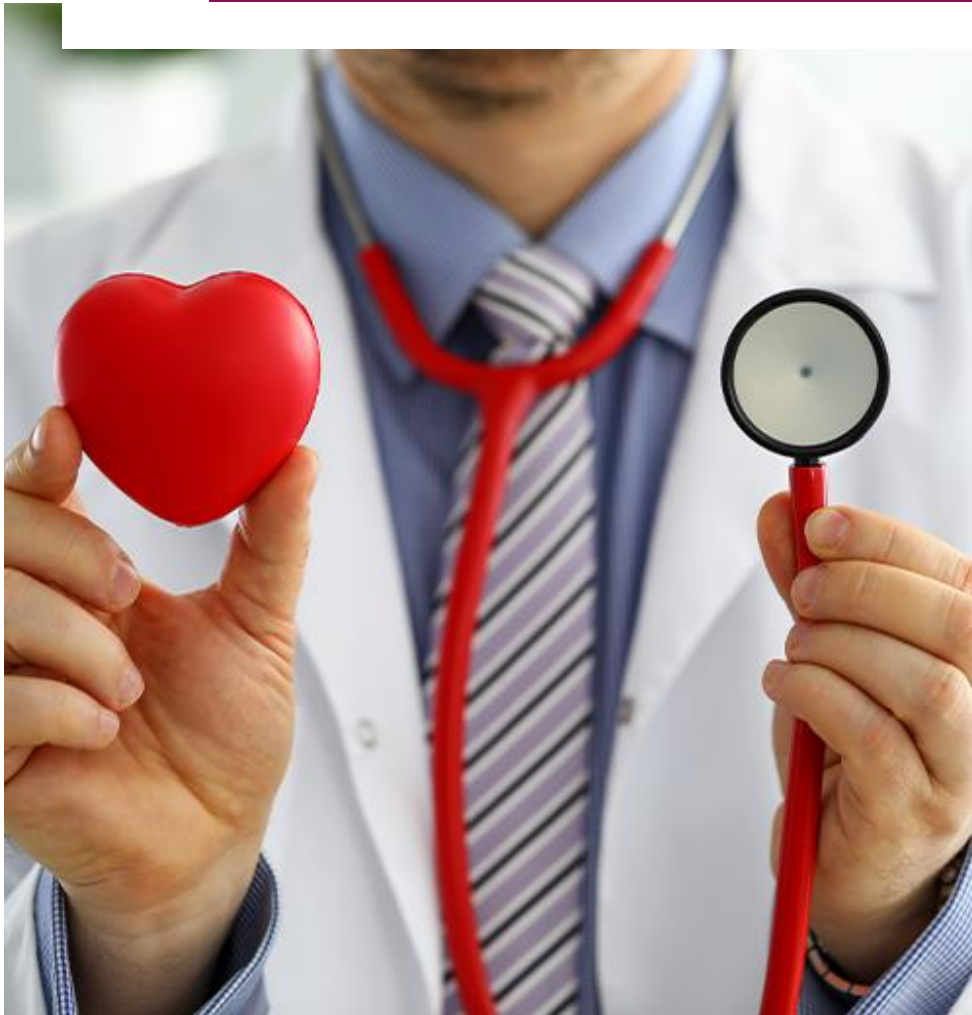




February Wellness Education Programs

In February we are offering both virtual and in-person classes at Lee Health Coconut Point. Small group classes will resume onsite with infection prevention guidelines. Additional classes will continue to be offered through WebEx Events via computer, desktop, or smartphone application. Instructions and codes to join the virtual class will be emailed to the registered participants prior to the event. The Healthy Life Center team will be a phone call away for support.

[Sign Up](#)



Healthy Life Center Heart Month Events

February is American Heart Month. Join us to learn more about improving your heart health from our panel of experts – including general information, helpful lifestyle tips, and clinical solutions to help you live a better life.

[Click Link for Flyer](#)

[Virtual Event RSVP](#)



Farm to Feed: Starting a Home Garden

Interested in starting a home garden? Learn where to start and get tips on soil, propagation and harvesting. Join Kat and Maya in this garden series. This monthly class will explore different aspects of gardening and plants.

Wednesday, February 9, 10-11 a.m.

[Virtual Event RSVP](#)



Bending or Bogeys? How Stretching Can Improve Your Golf Game

Golf is a sport of perfect balance between fluidity and power. But restriction-free motion is necessary to achieve optimal power. Learn how to reduce your restrictions through an easy at-home/on-course stretching program. *In-person events are subject to change depending on COVID conditions in the community.

Wednesday, February 16, 10-11 a.m.

[In-Person Event RSVP](#)



Nutritional Guidelines in Cancer Prevention

Join Becky Smith, an oncology clinical dietitian, who will offer diet tips to help prevent cancer and recurrence.

Wednesday, February 23, 12-1 p.m.

[Virtual Event RSVP](#)



Brown Bag Medication Review

Schedule a one-on-one appointment with a Lee Health pharmacist to review all of your medications and supplements. The goal is to help you get organized and understand your medications. *In-person events are subject to change depending on COVID conditions in the community.

Tuesday, February 25, 9am-12pm

[In-Person Event RSVP](#)

Rehabilitation Services

Lee Health provides comprehensive rehabilitation services for adults and children. Join our informative seminars conducted by Lee Health licensed therapists. Our Balance Education Series continues throughout the month of February - highlighting different systems in the body which contribute to balance.

[Sign Up](#)

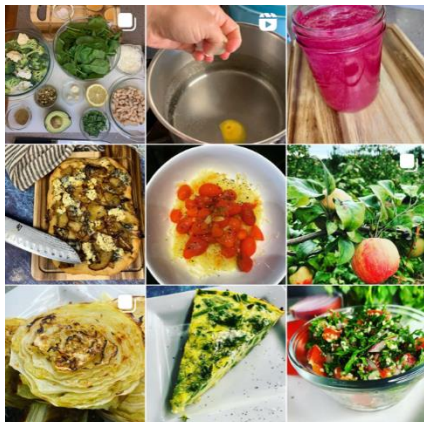
Featured Categories



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Follow our Teaching Kitchen on Instagram

Do you enjoy our cooking classes and want more? Follow the Lee Health Teaching Kitchen Instagram page for regular posts by our Registered Dietitian.

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