



May Wellness Education Programs

In May we are offering both virtual and in-person classes at Lee Health Coconut Point. Small group classes have resumed onsite with infection prevention guidelines. We are also offering in-person classes at multiple locations. Please pay careful attention to the location of the event for which you are registering. Many education programs are still completely virtual and will continue to be offered through WebEx via computer, desktop, or smartphone application.

[Sign Up](#)

WebEx Updates

WebEx Events will now be known as WebEx Webinars. Be sure to download applicable updates to your computer and mobile devices. Instructions and codes to join the virtual class will be emailed to the registered participants prior to the event. As always, the Healthy Life Center team will be a phone call away for support.

May Events



Women's Health Week

National Women's Health Week begins each year on Mother's Day. Join us as we encourage and empower women to make their health & well-being a priority. This series features Dr. Eeka Marshall, OBGYN and Dr. Priyanka Handa, imaging radiologist.

[Click here to view our flyer.](#)

This is a multi-event series.

[Event RSVP](#)



Physician Lectures

Join local physicians to learn the newest clinical updates in their area of expertise and ways you can improve your health and well-being. This month you have the opportunity to learn from a dermatologist, otolaryngologist, audiologist, and others.

[Event RSVP](#)



MyChart Tutorial

MyChart offers patients personalized and secure online access to portions of their medical records. It enables you to securely use the Internet to help manage and receive information about your health. Join us to learn the basics.

Thursday, May 5, 1-1:30 p.m.

[Virtual Event RSVP](#)



Plant-Powered Living: Embracing Oil-Free Cooking

Why should you cook without oil? In this presentation, we will address the controversy about oils (harmful or heart-healthy), as we look at facts vs. fiction. Be ready to pick up some tips on preparing food without oil.

Tuesday, May 17, 1-2 p.m.

[Virtual Event RSVP](#)

Community Partners

Join community experts to learn a variety of health and wellness tips to keep you healthy as you age. This month we also are partnering with FGCU to offer a tour of their Food Forest!

[Sign Up](#)

Preventative Screenings

The Healthy Life Center offers opportunities to participate in preventative health screenings to help you evaluate and reduce your risk for certain diseases or conditions. Join us for a **skin cancer** and/or **memory screening** this month.

[View Event Details](#)

Additional Locations!

These locations are open to all members of the community.

Classes offered at Babcock Ranch

Click below to RSVP to our in-person classes.

Essential Oils Make & Take: Bug Spray

The Building Blocks of Balance

Classes offered in Fort Myers at Cypress Cove

Click below to RSVP to our in-person classes.

Rehab Therapies for People with Parkinson's Disease

Osteoarthritis: "Joint" Us for the Journey

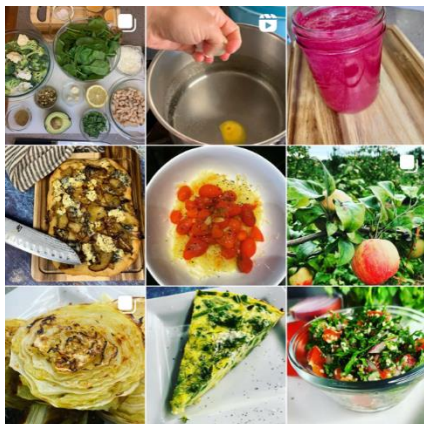
Featured Categories



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[View Coconut Point Yoga Calendar](#)



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.

[Follow Us!](#)