



## April Wellness Education Programs

In April we are offering both virtual and in-person classes at Lee Health Coconut Point. Small group classes have resumed onsite with infection prevention guidelines. Additional classes will continue to be offered through WebEx via computer, desktop, or smartphone application. Instructions and codes to join the virtual class will be emailed to the registered participants prior to the



### Nutrition in the Kitchen: Arthritis & Inflammation

Arthritis is a common condition that affects many people of all ages. A smart arthritis diet should be full of anti-inflammatory foods. Join us to learn dietary approaches that can help decrease inflammation in your body and decrease symptoms of arthritis.

**Wednesday, April 6, 1-2 p.m.**

[Virtual Event RSVP](#)



### Head & Neck Cancer: What to Know

Speech-language pathologists (SLPs) play a central role in screening, assessing, diagnosing, and treating people with head and neck cancer. Join Stacey Brill, SLP, as she discusses the signs and symptoms of head and neck cancer and the treatment/therapy programs here at Lee Health.

**Thursday, April 7, 1-2 p.m.**

[Virtual Event RSVP](#)



## Manage Your Stress

Manage your stress. Don't let it manage you! Stress is a normal part of life but left unmanaged it can become overwhelming and potentially lead to emotional distress. Understand what stress is, how we react to stress, and learn ways to better manage it.

*This class will be offered in a hybrid fashion (virtually or in person). To secure an in-person spot, call 239-468-0050. To register for the virtual option, click on Virtual Event RSVP.*

**Thursday, April 14, 12-1 p.m.**

[Virtual Event RSVP](#)



## Stay Moving: Daily Exercise Recommendations

Everyone needs physical activity to stay healthy. Join physical therapist Caleb Holtzmann to learn more about what you can do to stay moving. Caleb will discuss exercise recommendations and how movement benefits the body.

**Wednesday, April 20, 10-11 a.m.**

[Virtual Event RSVP](#)



## Work-Life Balance

What is work-life balance and is it possible to have a work-life balance? These questions and much more will be explored during this interactive presentation.

Wednesday, April 20, 12-1 p.m.

[Virtual Event RSVP](#)

## Family

Join the Fourth Trimester Club! Come one, come all mamas and babies! We welcome you and your little one to in-person meet-ups at the Healthy Life Center - Coconut Point. Open to infants and toddlers. **This month, we will meet on April 7 & 21.**

[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 **blood pressure** or **memory screening** available 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.

**Nutrition for Arthritis & Inflammation**

**Small Space Gardening**

## Classes offered in Fort Myers at Cypress Cove

Click below to RSVP to our in-person classes.

**Your Muscle Mass & More: Body Composition Explained**

**Nutrition & The Immune System**

**Advance Directives: Making Hard Choices Easier for Loved-Ones**

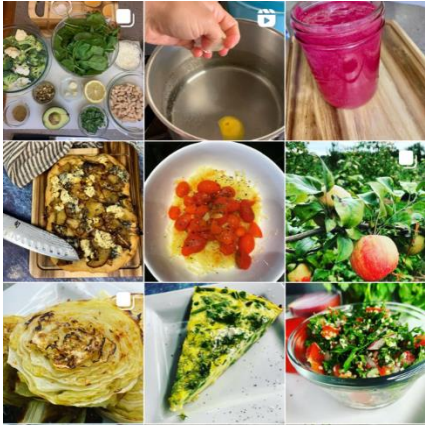
## Featured Categories



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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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