



Community Café Classes

3429 Dr. Martin Luther King, Jr. Blvd. Fort Myers

ALL CLASSES ARE OPEN AND FREE TO THE PUBLIC

All classes are held in the Community Room located in the Administration Building unless noted.

~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Life Coaching Jo Ellen 9:30am-10:15am	2 Ways to Improve Your Mood: Presented by Coach Toni from SalusCare 9:30am-10:15am	3
4	5 Focus On Fruits And Vegetables: Presented by Coach Toni from SalusCare 9:30am-10:15am	6 Living An Empowered Life. Jo Ellen & Debbie 9:30am-10:15am	7	8 Life Coaching Jo Ellen 9:30am-10:15am Job Fair 1p-4pCafé Goodwill Job Link	9 Ways to Improve Your Mood: Presented by Coach Toni from SalusCare 9:30am-10:15am	10
11	12 Focus On Fruits And Vegetables: Presented by Coach Toni from SalusCare 9:30am-10:15am	13 No Class	14 HIV testing Source of Light & Hope café. 10am-11:30am	15 Life Coaching Jo Ellen 9:30am-10:15am Lunch & Learn Symphony 11:30am-12:30pm	16 No Class	17
18	19 Focus On Fruits And Vegetables: Presented by Coach Toni from SalusCare 9:30am-10:15am	20 No Class	21	22 Life Coaching Jo Ellen 9:30am-10:15am	23 Ways to Improve Your Mood: Presented by Coach Toni from SalusCare 9:30am-10:15am	24
25	26 Focus On Fruits And Vegetables: Presented by Coach Toni from SalusCare 9:30am-10:15am	27	28 HIV testing Source of Light & Hope café. 10am-11:30am	29 Life Coaching Jo Ellen 9:30am-10:15am	30 Ways to Improve Your Mood: Presented by Coach Toni from SalusCare 9:30am-10:15am	31



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LIFE COACHING CLASSES: with Jo Ellen are motivational, inspiring, positive, exciting and action driven. Life coaching helps you look at where you are now and where you'd like to be, while giving you immediate tools to start you on your way.

LUNCH AND LEARN WITH THE GULF COAST SYMPHONY: New musical topics each month. This month's topic is Rhythm: Experience a variety of music with characteristic rhythms, and discover rhythms from around the world. 11:30am-12:30pm.

SLEEP Well: Presented by Toni from SalusCare Prevention Department.. Sleep Hygiene – a discussion on the sleep process, including the benefits, ways to sleep better, and how to get what you want (and need) out of sleep.

WAYS TO IMPROVE YOUR MOOD: Presented by Coach Toni from SalusCare

FOCUS ON FRUITS AND VEGETABLES: Presented by Coach Toni from SalusCare

GED: *Class is open to Life Coaching clients of Community Cooperative and Dunbar Joblink Participants*.