

Living Well Expo scheduled at Gulf Coast Village May 18

Area residents are invited to experience the healthy lifestyle available at Gulf Coast Village at the LivingWell Health Expo on May 18 from 10 a.m. to 1 p.m. at 1333 Santa Barbara Blvd. in Cape Coral.

Registered guests will learn about the health-giving benefits of the slow-motion approach to exercise as they participate in demonstrations of tai chi, yoga, Pilates, Sit Down & Shape Up, and Balance in Motion.

At 11 a.m., there will be an introduction to Chinese medicine and a demonstration of chi qong, an Asian exercise technique similar to tai chi. At noon, the community's culinary expert, Chef Frank, will offer a cooking demonstration featuring healthy food.

Additional activities available include chair massages, blood pressure and balance screenings, interactive Wii games such as bowling and carnival games, and more.

To make a reservation, call 573-3306.

Gulf Coast Village features maintenance-free living and an array of exceptional services and amenities, including a pool and fitness center, convenience store, salon, movie theater, on-site banking and postal service, and multiple dining venues. For more information about Gulf Coast Village, call 772-1333 or visit www.gulfcoastvillage.com. ■

'What's Up Wednesdays'

Florida Yards and Neighborhoods, IFAS, University of Florida and Lee County Department of Natural Resources is offering "Fertilize Smart, Do Your Part" introductory What's Up Wednesdays sessions educating homeowners how to reduce lawn and landscape fertilizers while maintaining a healthy lawn and garden throughout the summer.

May What's Up Wednesdays class dates and topics are:

- **Wednesday, May 13:** Other nutrient sources; wise use of mulch and compost
- **Wednesday, May 20:** Choosing a fertilizer for trees, shrubs and palms
- **Wednesday, May 27:** Summer fertilization and the Lee County fertilizer ordinance

What's Up Wednesdays will be held at the Eco Living Center at Rutenberg Park, 6490 South Pointe Blvd., from 9 to 10 a.m. Registration is required for each session by calling 533-7514. For more information on Florida Yards and Neighborhoods, visit <http://lee.ifas.ufl.edu/fyn/fynhome.shtml>. ■

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REGISTER by May 27th

Program Fee is \$75 for the full day seminar and includes breakfast & lunch.

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