



HALIFAX
HEALTH

HEALTHY LIVING CENTERS

2017 SUPPORT GROUP SCHEDULE

BREASTFEEDING SUPPORT GROUP

Class Fee: Free of Charge

Locations:

Ormond Beach Family YMCA, Healthy Living Center
Port Orange Family YMCA, Healthy Living Center

About: Support and encouragement for breastfeeding moms while also providing a chance to meet other moms with children of similar age. New mothers always welcomed! Led by IBCLC lactation consultants.

Day	Time	Location
Tuesday	10 am - 12 pm	Port Orange Family YMCA
Wednesday	10 am - 12 pm	Ormond Beach Family YMCA

HEALTHY PREGNANCY GROUP

Class Fee: Free of Charge

Location: Port Orange Family YMCA Healthy Living Center

About: The Healthy Pregnancy Group is designed to attend while pregnant or if planning to become pregnant. We invite you to our monthly meetings that offer different topics each month, such as, nutrition, safety, prenatal tests, preparing for a great labor, and more, in order to have the healthiest pregnancy possible. This class led by Rebecca Sarwi RN, CCE.

Date	Time
Monday, January 2	6:00 - 7:00 pm
Monday, February 6	6:00 - 7:00 pm
Monday, March 6	6:00 - 7:00 pm
Monday, April 3	6:00 - 7:00 pm
Monday, May 1	6:00 - 7:00 pm
Monday, June 5	6:00 - 7:00 pm
Monday, July 3	6:00 - 7:00 pm
Monday, August 7	6:00 - 7:00 pm
Monday, September 11	6:00 - 7:00 pm
Monday, October 2	6:00 - 7:00 pm
Monday, November 6	6:00 - 7:00 pm
Monday, December 4	6:00 - 7:00 pm

WORKING MOMS SUPPORT GROUP

Class Fee: Free of Charge

Location: Port Orange Family YMCA, Healthy Living Center

About: Meet with lactation consultant IBCLC Patti Hoffman, RN to discuss milestones, breastfeeding, infant care and adjustment to life as a parent. Find encouragement with other working moms.

Date	Time
Tuesday, January 3	6:30 - 8:00 pm
Tuesday, February 7	6:30 - 8:00 pm
Tuesday, March 7	6:30 - 8:00 pm
Tuesday, April 4	6:30 - 8:00 pm
Tuesday, May 2	6:30 - 8:00 pm
Tuesday, June 6	6:30 - 8:00 pm
Tuesday, July 11	6:30 - 8:00 pm
Tuesday, August 1	6:30 - 8:00 pm
Tuesday, September 5	6:30 - 8:00 pm
Tuesday, October 3	6:30 - 8:00 pm
Tuesday, November 7	6:30 - 8:00 pm
Tuesday, December 5	6:30 - 8:00 pm

GRANDPARENTING 101

Class Fee: \$10

Location: Ormond Beach Family YMCA, Healthy Living Center

About: Tummy Time, Back To Sleep and Diaper Genies... Oh My!

These were certainly not a part of the script when we had our children decades ago. As times have changed we want to make sure you are equipped to be the best grandparent on the block. We will bring you up to speed with a CPR demonstration, diapering options, comfort measures and much more. This class is led by Susan Bekken, RNC, IBCLC.

Date	Time
Friday, January 20	5:00 - 6:30 pm
Friday, April 7	5:00 - 6:30 pm
Friday, June 16	5:00 - 6:30 pm
Friday, August 11	5:00 - 6:30 pm
Friday, October 20	5:00 - 6:30 pm

For more information, contact Healthy Living Centers Director Randolyn Haley at 386.425.5210 or visit vfymca.org/hlc

**DELAND FAMILY YMCA
HEALTHY LIVING CENTER**

761 E International Speedway Blvd.
DeLand, FL 32724

**FOUR TOWNES FAMILY YMCA
HEALTHY LIVING CENTER**

280 Wolf Pack Run
Deltona, FL 32725

**ORMOND BEACH FAMILY YMCA
HEALTHY LIVING CENTER**

500 Sterthaus Drive
Ormond Beach, FL 32174

**PORT ORANGE FAMILY YMCA
HEALTHY LIVING CENTER**

4701 City Center Parkway
Port Orange, FL 32129

TOGETHER WE ARE BUILDING A BETTER US