



HEALTHY LIVING CENTERS

April 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Men's Celebrate Recovery 6-8pm	4	5 Christian Active Parenting 5:30-8pm	6	7 Girls scouts of OB 12-2pm
8	9 Decoding Nutrient Labels 5:30pm	10 Regions Bank Managing Your Money 9:45am Men's Celebrate Recovery 6-8pm	11 Breastfeeding Support Group 10am -12pm	12 Free Nutrient Biophotonic Scanning 12pm Kids Yoga 5:30pm (3-7yrs) 6pm (8-14yrs)	13	14 Girls scouts of OB 12-2pm
15	16 Mindfulness Based Stress Reduction (MBSR) 6pm	17 Chamber non-profit round table - 8am How Do I Stretch This w/Pam 11:15am Men's Celebrate Recovery 6-8pm	18 Breastfeeding Support Group 10am -12pm	19	20 Overeaters Anonymous 10AM	21 Girls scouts of OB 12-2pm
22	23 Mindfulness Based Stress Reduction (MBSR) 6pm	24 Myofascial Release Techniques 6:15pm	25 Breastfeeding Support Group 10am -12pm	26 <i>Angie Bee presents</i> Thursday's with the Tour 4pm-6pm	27 Overeaters Anonymous 10AM	28 Girls scouts of OB 12-2pm
29	30 The importance of CPR by DSC Nursing 1pm Mindfulness Based Stress Reduction (MBSR) 6pm					

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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HEALTHY LIVING CENTERS

How Do I Stretch this?

About: YMCA instructor and trainer, Pam Paramour, will be demonstrating how to properly stretch those achy muscles after your workout. Bring your questions so she can give you tips on how to prevent injury and minimize soreness.

Angie Bee presents Thursday's with the TOUR

About: Join the group for an interactive monthly workshop featuring presenters, authors, videos, sharing and more!

Regions Bank Managing Your Money

About: Managing your money can be an intimidating thought. Being financially responsible involves control, planning, and having a strategy in place to reach your financial goals. Learn how to establish reachable goals and develop new spending and saving habits that can help you increase your income and decrease spending. See tips on organization and record-keeping and regain control of your money to create stability in your financial future.

Kids Yoga

About: 3-7 yrs. Our youngest yogis are impressionable, energetic, and often very easily distracted. They need a balance of structure and freedom in order to do their personal best. Classes for kids will be playful and calm. Building strength, balance, and concentration, classes will utilize expressive yoga techniques to help foster an environment of cooperation and inner wellbeing.

8-14 yrs. Students often face a long sedentary day sitting at a desk. This class will help these students to discover self-confidence, positive body health and awareness, emotional balance and tools for stress management. While building strength, balance and concentration, classes will also utilize expressive yoga techniques to help foster an environment of cooperation and inner wellbeing.

Come join Yogi Judy for a kid's class!

Girls scouts of OB

About: Join the girl scouts of Ormond Beach for exciting new adventures. Contact Kalley Dunn 1-800-367-3906 kdunn@citrus-gs.org

Breastfeeding Support Group

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!

Schedule: Weekly

Decoding Nutrient Labels

About: Nutrition Facts" aren't as straightforward as they seem. Some numbers and ingredients can be confusing and even deceptive. Bring your questions and let MATTHEW O'MALIA, MS, ACSM-CES-EIM3 guide you to correctly reading labels.

Free Nutrient Biophotonic Scanning

About: Get information about the technology behind the scanner and how can it measure the nutrition levels, importance of a good nutrition and how can it prevent disease. The first 25 will be scanned for free.

Mindfulness Based Stress Reduction (MBSR)

Event: Join Teresa Rand to explore the practice and benefits of MBSR. Needed: mat to sit on, blanket, cushion or yoga blocks as needed for support. Class may be taken sitting on the floor or in a chair. Please arrive on time and plan to stay the full hour of class to avoid disruption of other participants. Suggested \$50 Donation for our 5 Week Course. Proceeds Benefit The YMCA Scholarship Fund
Maximum participants: 10

Overeaters Anonymous

Event: This is a Fellowship of individuals who through shared experience, strength and hope... are recovering from compulsive overeating. This meeting is open to young people too. For information contact: Victoria 386.441.2968 or victorianofi@aol.com

Myofascial Release Techniques

About: also known as "foam rolling," has transformed from a once mysterious technique used only by professional athletes, coaches, and therapists to a familiar everyday practice for people at all levels of fitness. Recent information, technology, and affordable products have introduced an increasing array of training and recovery methods to the average person. Bring your foam roller and/or Lacrosse ball if you have one!

For more information and registration please visit vfymca.org/hlc or call 386-425-5210

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