



HEALTHY LIVING CENTERS

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Celebrate Recovery Meeting 6:30-8:00pm	2 Breastfeeding Support Group 10am -12pm			
6		8 Celebrate Recovery Meeting 6:30-8:00pm	9 Breastfeeding Support Group 10am -12pm	10	11	12
13	14	15 Celebrate Recovery Meeting 6:30-8:00pm	16 Breastfeeding Support Group 10am -12pm Doc Talk: Part 1 <i>It All Starts with Primary Care</i> 12:15-1:15pm	17	18	19
20	21 Eye Doc Talk: Diabetes and Your Eyes 12-1pm	22 Eye Doc Talk: Diabetes and Your Eyes 5-6 pm Celebrate Recovery Meeting 6:30-8:00pm	23 Breastfeeding Support Group 10am -12pm Ask the Expert: Social Media and Your Psyche 5:30pm	24 Ask the Expert Essential Oils: The Basics 10:30am	25	26
27	28 Echocardiogram Screenings By appointment; see back for details 8am-12pm	29 <i>Angie Bee presents</i> Tuesday's with the Tour 10:00 am Celebrate Recovery Meeting 6:30-8:00pm	30 Breastfeeding Support Group 10am -12pm Doc Talk: Part 2 <i>Preventative Screenings (& ones you may not be aware of)</i> 5-6pm Ask the Expert Essential Oils: The Basics 6:30pm	31	Notes:	

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

Ask the Expert

About: Experts in their field come to share their knowledge and offer helpful tips to the community.

Cost: FREE

Schedule:

- **Social Media and Your Psyche**
 - Join *Halifax Health – Care for Women’s Sue Chappuis, ARNP*, as she discusses the effects that social media has on the psyche – which can include depression and anxiety. This is open to parents and teens who would like to learn more about the long term effects of this “digital addiction”
- **Essential Oils: The Basics**
 - Learn the best ways to use essential oils, while learning how to use them safely. Presented by Young Living expert Tara Anderson.

Eye Doc Talk

About: Join Halifax Health’s Chief Ophthalmologist, Dr. Nishita Patel, as she teaches the importance of eye care through her monthly series. If you miss the Monday class at noon, please come the next day in the evening.

Schedule: Monthly

Topic: *Diabetes and Your Eyes*

- Come learn and ask questions about the major eye issues that can occur when diabetes is involved.

Angie Bee presents Tuesdays with the TOUR

About: An interactive monthly workshop featuring presenters, authors, videos, sharing and more!

Doc Talk

Part 1- *It All Starts with Primary Care*

About: Join Halifax Health – Primary Care with Dr. Leslie Williams, as he discusses how having a Primary Care provider is the first step in combating Heart Disease and Stroke – the two leading causes of death in Volusia County. This talk will be complete with a complimentary blood pressure check and card for you to take home so you can track over time. A light lunch will be served.

Doc Talk

Part 2- *Preventative Screenings (& ones you may not be aware of)*

About: Join Dr. Leslie Williams again as he provides an inside look on all the preventive exams and screenings you have access to at Halifax Health – Primary Care in Ormond Beach. Many do not know all the different screenings and exams that are available at a Primary Care office - so come out and learn more about how to take action and help prevent certain illnesses. Light snacks will be served.

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

Celebrate Recovery Meeting

About: This is a forward-looking program that focuses on the power of Jesus Christ to break the power of your habits, hang-ups, and hurts, in your life. Sponsored by Calvary Christian Center.

Register: Call Taylor at 386-672-5571 ext.273

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

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