



# HEALTHY LIVING CENTERS

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 <b>Celebrate Recovery</b> 6-8:15pm	6 <b>Breastfeeding Support Group</b> 10am -12pm	7	8	9
10	11 Coffee and Coloring: De-stress before the holidays: 10-12pm	12 <b>Celebrate Recovery</b> 6-8:15pm	13 <b>Breastfeeding Support Group</b> 10am -12pm	14	15	16 Daddy Daughter Hair Factory (Holiday Craft Included) <i>*Pre-registration required* 12:30-1:30pm</i>
17	18	19 <b>Celebrate Recovery</b> 6-8:15pm	20 <b>Breastfeeding Support Group</b> 10am -12pm	21	22	23
24	25	26	27 <b>Breastfeeding Support Group</b> 10am -12pm	28 <i>Angie Bee presents</i> <b>Tuesday's with the Tour</b> 4pm-6pm	29	30
31	<b>Notes:</b>					

**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

### **Angie Bee presents Tuesdays with the TOUR**

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

### **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.

**Schedule:** Every Tuesday from 6-8:15pm

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

### **Daddy Daughter Hair Factory- Holiday Craft Included**

**About:** Need to "brush up" on the basics of hair styling this holiday season? Come learn how with this month's Daddy Daughter Hair Factory class! To add to the fun, girls will be able to do a holiday craft as you work on their dos. **Space is limited to 10 dad/daughter pairs.**

**Pre-registration is encouraged!**

### **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

### **Coffee and Coloring: De-stress before the Holidays**

**About:** Do the holidays make you feel like you are running around way too wild to enjoy the season? Join us for a stress reducing coloring session to relieve some of those holiday strains. Feel free to bring your own book or one to share!

**Cost: Free**

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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