



HEALTHY LIVING CENTERS

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Breastfeeding Support Group 10am - 12pm	8 Long-Term Care: <i>Protect What You Own & Those You Love</i> 10am *Please RSVP*	9 Ask the Expert Essential Oils: The Basics 10am Grandparenting 101 5:00pm-6:30pm	10
11	12 Echocardiogram Screenings By appointment; see back for details 5-8pm	13	14 Breastfeeding Support Group 10am - 12pm Ask the Expert Essential Oils: The Basics 6:30pm	15 LOVE YOUR HEART DAY 8-11am & 4-6pm Brooks Rehab Presents: Fall Prevention Screening 11:15am	16	17
18	19	20 Men's Celebrate Recovery 6-8pm	21 Breastfeeding Support Group 10am - 12pm	22 Know Your Numbers Event 8am - 12pm Angie Bee presents Tuesday's with the Tour 4pm-6pm	23	24
25	26 Echocardiogram Screenings By appointment; see back for details 5-8pm	27 Men's Celebrate Recovery 6-8pm	28 Breastfeeding Support Group 10am - 12pm			

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

Love Your Heart Day: February is heart month! Stop by the Healthy Living Center to learn how to protect this vital organ of ours, get some heart healthy snacks provided by Chef RX, and even get your blood pressure checked! *Participants throughout the day will be entered into a drawing for a hearty giveaway!*

Ask the Expert

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

Cost: FREE

- **Essential Oils:** Learn the best ways to use essential oils, while learning how to use them safely. Presented by Young Living expert Tara Anderson.

Long-Term Care: Protect What You Own and Those You Love

About: Peace of mind, flexibility, and asset protection just a few things you will learn from New York Life as they lead us on a discussion on how to prepare for the future. Light refreshments will be provided. RSVP required.

Echocardiogram Screenings

About: Presented by Rx Ultrasound Resources, these 15-minute screenings could save your life! All ages welcomed, no insurance required, results are mailed to you within 10 days.

Cost: Starting at \$50

SCHEDULE APPOINTMENTS @

rxultrasoundresources.com or call (407) 947-7547

Brooks Rehab Presents: Fall Prevention Screening

About: Concerned about your fall risk but not sure if you should be? Ashley Perry, DPT and Brooke Denninghoff, DPT from Brooks Rehabilitation will be offering Fall Risk Assessments to test balance and stability. Tips on how to prevent mishaps along with what's normal for your age will also be presented.

Cost: Free

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

Grandparenting 101

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.

Cost: \$10.00

Men's 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

Know Your Numbers Event

About: Presented by Daytona State College Nursing Students. Come and have your BP, vision, height, weight, BMI checked.

Angie Bee presents Tuesdays with the TOUR

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

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

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