



HEALTHY LIVING CENTERS

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Breastfeeding Support Group 10am - 12pm	4 Setting Up your New Xmas Phone or Tablet 10am-12pm	5	6
7	8 How to Choose a Trainer 9am	9	10 Breastfeeding Support Group 10am - 12pm Ask the Expert Essential Oils: Pain Relief 6:30pm	11	12 Ask the Expert Essential Oils: Pain Relief 10am	13
14	15 Planning Ahead (Moving and What resources are available) 9am	16 Protect Yourself from Identity Theft 3pm	17 Breastfeeding Support Group 10am - 12pm (Help Me Grow Session)	18	19 The Future of the Ormond YMCA 9AM and also 6PM	20
21	22 How Do You Stretch This? 6pm	23 How Do You Stretch This? 12pm	24 Breastfeeding Support Group 10am - 12pm	25 <i>Angie Bee presents Tuesday's with the Tour</i> 4pm-6pm	26 <i>Panel Discussion: Help! I Need To Pay For Assisted Living</i> 10-11am	27
28	29 How to Choose a Trainer 6pm	30 <i>Halifax Health presents: Nutrition 101 w/ Stacey Scrabis, RD</i> 6pm	31 Breastfeeding Support Group 10am - 12pm			
Notes:						

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
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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

- **Essential Oils: Pain Relief**

About: Sore from the start of your New Years resolution? Want to start off this year with a natural pain reliever? Come learn tips and tricks with *Young Living expert Tara Anderson*.

YMCA Presents:

- **How to Choose a Trainer**

About: Starting off the new year with a Personal Trainer will kickstart your health! But with so many trainer options, how do you choose? *Ricardo Shelton, Ormond Beach YMCA Executive Director* is here to give you more info on each trainer and help you make the right choice.

- **How Do I Stretch This?**

About: *YMCA instructor Pam Palamour* will be demonstrating how to properly stretch after your workout. Learn the basics to prevent injury and unnecessary soreness.

Angie Bee presents Tuesdays with the TOUR

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

Planning Ahead-Moving and What Resources are Available

About: Thinking about moving but have some question? EXIT Real Estate's, Joanie McManus, a Senior Real Estate Specialist, will offer information regarding various senior move options. Elder Care and the United Way will also provide information on resources available in the area such as FREE income tax filing.

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

Setting Up Your New Xmas phone/tablet

About: So your children bought you an Ipad but you don't know the first thing about setting it up.. Alex Martin is here to help! Bring in your new gadgets (phones/Ipads), and let this YMCA staff member get you started with your new toy.

Halifax Health presents: Nutrition 101 w/ Stacey Scrabis

About: From stuffed peppers to quinoa learn the ins and outs of nutrition with *Halifax Health's Stacey Scrabis*. As a Registered Dietician, Stacey can help you make some much needed improvements to start your year off right.

Help! I Need to Pay for Assisted Living

About: Join *Oasis Senior Advisors* with a panel of specialists in the field of assisted living to answer your questions about how to pay for needs as you get older. *Panel includes:* Scott A. Selis, Esquire from Selis Elder Law of Florida, Katherine Petrelli Financial Planner and Investment Advisor with Alpina Financial Consultants, L.L.C., Robert Watson, Senior Veterans Services Counselor with Volusia County

Protect Yourself from Identity Theft:

About: If you're concerned about the possibility of identity theft join *Regions Bank* as they teach us how to prevent it, what to do if you fall victim, and what to do if even your wallet or purse is stolen. Bring your friends to this free lecture and learn together!

The Future of the Ormond YMCA

About: Have you heard about the renovations planned for our Ormond Beach Family YMCA? Please join your YMCA leaders as they explain what the future holds for this site.

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

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