



# HEALTHY LIVING CENTERS

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Celebrate Recovery Meeting 6:30p-8:00p	3 Breastfeeding Support Group 10am -12pm	4 "Ask the Expert" What you need to know about Hypertension 11:00 am  "Get In Shape" Prevention Plus Wellness PPW 5:00 pm	5	6
7	8 "Ask the Expert" Essential Oils: The Basics 6:30pm	9 Celebrate Recovery Meeting 6:30p-8:00p	10 Breastfeeding Support Group 10am -12pm	11	12	13
14	15 Echocardiogram Screenings By appointment; see back for details	16 "Ask the Expert" Essential Oils: The Basics 10:30am  Celebrate Recovery Meeting 6:30p-8:00p	17 Breastfeeding Support Group 10am -12pm	18	19	20
21	22	23 Angie Bee presents Tuesday's with the Tour 10:00 am  Celebrate Recovery Meeting 6:30p-8:00p	24 Breastfeeding Support Group 10am -12pm  Autism Awareness Workshop 6:00pm	25	26	27
28	29	30 Celebrate Recovery Meeting 6:30p-8:00p	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](http://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:**

- **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.
- **What you need to know about Hypertension**
  - Learn the ins and outs of hypertension and how it can affect your health. Learn how steps to manage your blood pressure. Presented by Amber Bayliff, RN.

### SMA Behavioral Healthcare Presents "Get In Shape" Prevention Plus Wellness PPW

**About:** In Shape PPW is designed to help young and older adults' look and feel more active, fit and healthy by identifying wellness enhancing behaviors, risk habits and assist with commitment to set multiple goals to increase wellness behaviors while avoiding harmful habits.

### Angie Bee presents Tuesdays with the TOUR

**About:** An interactive monthly workshop featuring presenters, authors, videos, sharing and more! **Topic:** Sharing and loving ourselves and others.

### 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

### Autism Awareness Workshop

This workshop will provide education to parents, friends, and other community members on Autism. The speaker is Christine Lapila, Behavior Analyst Support Services (BASS) intern.

### 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:** \$50

**SCHEDULE APPOINTMENTS @**

[rxultrasoundresources.com](http://rxultrasoundresources.com) or call 407-435-5628

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

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