



HEALTHY LIVING CENTERS

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Breastfeeding Support Group 10am - 12pm	3	4 "Stem Cells" Coast Integrative Health care 10am Sara K. Dean, DMD Lunch & Learn about your Dental Care 1 pm RSVP	5 Girls scouts of OB 12-2pm
6	7	8	9 Breastfeeding Support Group 10am - 12pm Kids Yoga 5:30pm (8-14yrs) 6Pm (3-7yrs)	10	11 Overeaters Anonymous 10AM	12 Girls scouts of OB 12-2pm
13	14 Mindfulness Based Stress Reduction (MBSR) 6pm	15 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm 8:30pm	16 Breastfeeding Support Group 10am - 12pm Parkinson's Board meeting 5:50-7pm	17	18 Overeaters Anonymous 10AM	19 Girls scouts of OB 12-2pm
20	21 Mindfulness Based Stress Reduction (MBSR) 6pm	22 Men's Celebrate Recovery 6-8pm	23 Breastfeeding Support Group 10am - 12pm Hear Well Live Hearing & Balance, Lunch & Learn RSVP 12pm	24	25 Overeaters Anonymous 10AM	26 Girls scouts of OB 12-2pm
27	28	29 Men's Celebrate Recovery 6-8pm	30 Breastfeeding Support Group 10am - 12pm	31 <i>Angie Bee presents</i> Thursday's with the Tour 4pm-6pm		

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 Thursdays with the TOUR

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

Mindfulness Based Stress Reduction (MBSR) Event: Join Teresa Rand to explore the practice and benefits of MBSR. Needed: mat to sit on, blanket, cushion or yoga blocks as needed for support. Class may be taken sitting on the floor or in a chair. Please arrive on time and plan to stay the full hour of class to avoid disruption of other participants. Suggested \$50 Donation for our 5 Week Course. Proceeds Benefit The YMCA Scholarship Fund Maximum participants: 10

Overeaters Anonymous Event: This is a Fellowship of individuals who through shared experience, strength and hope... are recovering from compulsive overeating. This meeting is open to young people too. For information contact: Victoria 386.441.2968 or victorianofi@aol.com

Stem Cells

Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. Light snacks provided RSVP MIill@vfyymca.org

Hear Well Live Well By:

Dr. Stacy O'Brien from Atlantic Hearing & Balance, Lunch & Learn RSVP

The month of May is better hearing month, so please join Board-Certified Audiologist, Dr. Stacy O'Brien from Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss.

Topics we will review:

What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We'll clear up all the confusion about hearing devices.

If you or a loved one are experiencing symptoms of hearing loss, don't miss this hearing and technology expo

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

Kids Yoga

About: 3-7 yrs. Our youngest yogis are impressionable, energetic, and often very easily distracted. They need a balance of structure and freedom in order to do their personal best. Classes for kids will be playful and calm. Building strength, balance, and concentration, classes will utilize expressive yoga techniques to help foster an environment of cooperation and inner wellbeing. **8-14 yrs.** Students often face a long sedentary day sitting at a desk. This class will help these students to discover self-confidence, positive body health and awareness, emotional balance and tools for stress management. While building strength, balance and concentration, classes will also utilize expressive yoga techniques to help foster an environment of cooperation and inner wellbeing. Come join Yogi Judy for a kid's class!

Sara K. Dean, DMD

Presents a Lunch & Learn about your Dental Care. Dentistry has evolved in the past few years regarding CAD/CAM and digital dentistry/impressions and what people as dental consumers should look for if you want the most up to date and best dental care. RSVP to MIill@vfyymca.org

Girls scouts of OB

About: Join the girl scouts of Ormond Beach for exciting new adventures. Contact Kalley Dunn 1-800-367-3906 kdunn@citrus-qs.org

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

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