



HEALTHY LIVING CENTERS

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Breastfeeding Support Group 10am -12pm	2 Home Health 101 9am	3	4
5	6	7 Celebrate Recovery 6-8:15pm	8 Breastfeeding Support Group 10am -12pm Ask the Expert Essential Oils: The Basics 7pm	9	10	11
12	13	14 Celebrate Recovery 6-8:15pm	15 Breastfeeding Support Group 10am -12pm	16	17	18
19	20	21 Celebrate Recovery 6-8:15pm	22 Breastfeeding Support Group 10am -12pm Community CPR/AED Certification \$20 *Pre-registration required 5:30pm-8:30pm	23 Happy Thanksgiving!	24	25
26	27	28 Rightsizing Not Downsizing 9am Celebrate Recovery 6-8:15pm	29 Breastfeeding Support Group 10am -12pm	30 Angie Bee presents Tuesday's with the Tour 4pm-6pm	Notes:	

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

Ask the Expert

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

Cost: FREE

- **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.

Community CPR/AED Certification

About: An American Safety and Health Institute certification, this 4 hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

Home Health 101

About: Presented by Halifax Health-Home Health Care. Navigating the health care system can be challenging. We are here to aid in your wellness journey! We will discuss the fundamentals of home health services including: what is home health, who could benefit from home health services, how home health is typically funded and the connection between home health and your primary care doctor.

Rightsizing Not Downsizing

About: Moving or relocating is a big event, this presentation will offer suggestions and ideas to help determine if staying or moving is best for you. EXIT Real Estate's, Joanie McManus, a Senior Real Estate Specialist, will also offer information regarding various senior move options.

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.

Schedule: Classes will pause for 3 weeks on September 19th and will return October 17th.

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

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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