



# HEALTHY LIVING CENTERS

◀ September		October 2017					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4 Breastfeeding Support Group 10am -12pm	5	6	7	
8	9 Intro to Diabetes Prevention 9:15am	10	11 Breastfeeding Support Group 10am -12pm	12	13 Know Your Numbers Event 8am – 12pm  Grandparenting 101 5:00pm-6:30pm	14	
15	16 Ask the Expert Essential Oils: The Basics 9am	17 Celebrate Recovery 6-8:15pm	18 Breastfeeding Support Group 10am -12pm	19 Intro to Diabetes Prevention 5pm	20	21	
22	23	24 Angie Bee presents Tuesday's with the Tour 10:00 am  Celebrate Recovery 6-8:15pm	25 Breastfeeding Support Group 10am -12pm  Ask the Expert Essential Oils: The Basics 6:30pm	26	27	28	
29	30	31 Celebrate Recovery 6-8:15pm	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

- **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.

### Know Your Numbers Event

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

### Intro to Diabetes Prevention

**About:** Learn the importance of physical activity, nutrition tips and other healthy lifestyle changes to prevent the adverse effects of Diabetes. Also, get details about our Evidence Based Program the Diabetes Prevention Program.

### Angie Bee presents Tuesdays with the TOUR

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

### 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

### 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 19<sup>th</sup> and will return October 17<sup>th</sup>.

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

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

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