



HEALTHY LIVING CENTERS

April 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Breastfeeding Support Group 10 am -12 pm	4	5	6	7
8	9	10 Breastfeeding Support Group 10am -12pm Working Moms Support Group 6-7 pm	11 Decoding Nutrient Labels 12:00 pm	12 Brain Fit Activity Class 11:15 am	13	14
15	16 Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach 6:00 pm	17 Breastfeeding Support Group 10am -12pm Kids Yoga 5:30 pm (3-7yrs) 6:00 pm (8-14 yrs)	18	19 Regions Bank "Credit, Credit, Credit" 9:00 am	20	21
22	23	24 Breastfeeding Support Group 10am -12pm	25 Palmer Chiropractic "Headaches and Chiropractic Care" 1:30pm	26	27	28
29	30					

PORT ORANGE FAMILY YMCA HEALTHY LIVING CENTER
 4701 City Center Parkway, Port Orange, FL 32129
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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HEALTHY LIVING CENTERS

Working Moms Support Group

About: Meet with lactation consultant; discuss milestones, breastfeeding, infant care, adjustments to life as a new parent. Find encouragement with other working moms.

Kingdom Kids in Action

About: A Christian, non-denominational musical/drama group that is focused on spreading awareness of Christian values in the community. This group will help your children grow spiritually and emotionally while developing their talents. Space is limited to 25 children.

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 free kid's class!

Regions Bank: "Credit, Credit, Credit"

About: join Regions Bank as they guide you to understand and know the importance of credit.

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

Brain-Fit Activity Class

About: Add to your workout some exercises for your brain! Join Brookdale Senior Living-Port Orange for interactive games along with a brain healthy snack.

Schedule: 2nd Thursday every month

Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach

About: Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk— Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or contact@primrosecameron.com

Palmer Chiropractic: Headaches and Chiropractic Care

About: This workshop will discuss how to avoid headaches with proper care. Presentation provided by Dr. Kenice Morehouse-Grand and Dr. Stephen Grand both chiropractic physicians and professors of Palmer College of Chiropractic with experience in nutrition and wellness.

Decoding Nutrient Labels

About: Nutrition Facts" aren't as straightforward as they seem. Some numbers and ingredients can be confusing and even deceptive. Bring your questions and let MATTHEW O'MALIA, MS, ACSM-CES-EIM3 guide you to correctly reading labels.

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

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