



# HEALTHY LIVING CENTERS

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Breastfeeding Support Group</b> 10am - 12pm  <b>Working Moms Support Group</b> 6:30p-8p	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>Healthy Pregnancy Group</b> 6:00p- 7:00p	<b>8</b> <b>Breastfeeding Support Group</b> 10am - 12pm  <b>"Ask the Expert"</b> Essential Oils: The Basics 6:30pm	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>"Ask the Expert"</b> Essential Oils: The Basics 10:30am	<b>15</b> <b>Breastfeeding Support Group</b> 10am - 12pm	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>Echocardiogram Screenings</b> By appointment; see back for details 8am-12pm	<b>22</b> <b>Breastfeeding Support Group</b> 10am - 12pm	<b>23</b> <b>HIV Testing</b> 9am-12pm	<b>24</b>	<b>25</b> <b>Are you a Sugar Addict?</b> <b>Lecture/Group</b> 9:00am	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>Breastfeeding Support Group</b> 10am - 12pm	<b>30</b> <b>Flu Shots</b> Provided by Walgreens 10:00a-12:00p	<b>31</b>	<b>Notes:</b>	

**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

### Ask the Expert

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

#### 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.

### HIV Testing

**About:** The Volusia County Department of Health is offering FREE HIV testing. The process will only take about 15 minutes and results will be given that day! Walk-ins are welcome.

### Flu Shots-Provided by Walgreens

**About:** To protect yourself against the main strains of the flu virus, you should receive an annual flu shot. Please consider getting your shot today!

### Breastfeeding Support Group

**About:** Support and encouragement for breastfeeding moms while also providing a chance to meet other moms with children of similar age.

### Healthy Pregnancy Group

**About:** We invite you to our monthly meetings that offer different topics each month, such as, nutrition, safety, prenatal tests, preparing for a great labor, and more, in order to have the healthiest pregnancy possible. This class led by Rebecca Sarwi RN, CCE.

### 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.

### Sugar Addicts Support Group

**About:** For anyone who seeks to eat LESS sugar in their diet, learn about hidden sugars in food, learn healthy replacements for their favorite sweet treats. Always open to new participants!

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

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