



HEALTHY LIVING CENTERS

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Affordable Care Act Q & A 10am	2 Daddy Daughter Hair Factory (Holiday Craft included) <i>*Pre-registration required* 12:30- 1:30pm</i>
3	4	5 Breastfeeding Support Group 10am -12pm Working Moms Support Group 6:30-8pm	6	7 Coffee and Coloring: De-stress before the holidays: 11:30-1pm	8 Affordable Care Act Q & A 10am	9
10	11	12 Breastfeeding Support Group 10am -12pm	13	14	15	16
17	18	19 Breastfeeding Support Group 10am -12pm	20	21	22	23
24	25 Merry Christmas!	26 Breastfeeding Support Group 10am -12pm	27	28	29	30
31	Notes:					

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.

Affordable Care Act Q & A

About: Wondering what the Affordable Care Act means for your plan? Have enrollment concerns? Join Florida Healthcare Plans as they answer typical questions on the Affordable Care Act.

Coffee and Coloring: De-stress before the Holidays

About: Do the holidays make you feel like you are running around way too wild to enjoy the season? Join us for a stress reducing coloring session to relieve some of those holiday strains. Feel free to bring your own book or one to share!

Cost: Free

Breastfeeding Support Group

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

Daddy Daughter Hair Factory- Holiday Craft Included

About: Need to "brush up" on the basics of hair styling this holiday season? Come learn how with this month's Daddy Daughter Hair Factory class! To add to the fun, girls will be able to do a holiday craft as you work on their dos. **Space is limited to 10 dad/daughter pairs. Pre-registration is encouraged!**

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

Healthy Living Centers are sponsored by:

