



# HEALTHY LIVING CENTERS

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Ask the Expert Essential Oils Series: The Basics 6:30pm	6 Breastfeeding Support Group 10am - 12pm Working Moms Support Group 6-7:30pm	7	8 YMCA New Member Orientation 9am Brain Fit Activity Class 11:15am	9	10
11	12 Echocardiogram Screenings By appointment; see back for details 8am-12pm  Ask the Expert Essential Oils Series: Pain Relief 6:30pm	13 Breastfeeding Support Group 10am - 12pm  YMCA New Member Orientation 5pm	14 LOVE YOUR HEART DAY 9am-12pm	15	16 Ask the Expert Essential Oils Series: Pain Relief 10am	17
18	19 Ask the Expert Essential Oils Series: Emotions 6:30pm	20 Breastfeeding Support Group 10am - 12pm	21 Detoxification: The Doorway to Healthy Weight & Wellness 1:30pm	22	23 Know Your Numbers Event 8am-12pm	24
25	26 Echocardiogram Screenings By appointment; see back for details 8am-12pm Ask the Expert Essential Oils Series: The Basics 6:30pm	27 Breastfeeding Support Group 10am - 12pm	28			

**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

**Love Your Heart Day:** February is heart month! Stop by the Healthy Living Center to learn how to protect this vital organ of ours, get some heart healthy snacks, and even get your blood pressure checked! *Participants throughout the day will be entered into a drawing for a hearty giveaway!*

### Ask the Expert

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

**Cost:** FREE

- **Essential Oils: Series**

- A monthly essential oils series from Young Living Expert, Tara Anderson. Join Tara as she educates us on how essential oils can be used to improve different aspects of our lives.

### Echocardiogram Screenings

**About:** Presented by Rx Ultrasound Resources, these 15-minute screenings could save your life! All ages welcomed, no insurance required, results are mailed to you within 10 days.

**Cost:** Starting at \$50

### SCHEDULE APPOINTMENTS @

[rxultrasoundresources.com](http://rxultrasoundresources.com) or call (407) 947-7547

### YMCA New Member Orientation

**About:** New to the Port Orange YMCA Family? Join our friendly staff as they educate on what a member can expect from this center, what makes it unique, along with information on upcoming events such as our Race Series, Healthy Living Center and other happenings throughout the facility.

**Schedule:** Every second Tuesday and Thursday of each month

### 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

### 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.

### 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:** 2<sup>nd</sup> Thursday every month

### Know Your Numbers Event

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

### Detoxification- The Doorway to Healthy Weight and Wellness

**About:** The average American is exposed to low doses of toxic substances daily, including food additives, pesticides, environmental pollutants, and even cosmetics. This workshop will discuss how to avoid these toxins as much as possible and will include strategies to modify lifestyle and diet. 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.

*A light snack will be provided.*

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

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