



# HEALTHY LIVING CENTERS

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>Breastfeeding Support Group</b> 10am -12pm  <b>Working Moms Support Group</b> 6:30-8pm	3	4	5	6
7	8 <b>Ask the Expert Essential Oils</b> Series: The Basics 6:30pm	9 <b>Breastfeeding Support Group</b> 10am -12pm	10	11 <b>Brain Fit Activity Class</b> 11:15am	12	13 <b>Kingdom Kids in Action</b> 10am-12pm
14	15 <b>Ask the Expert Essential Oils</b> Series: Pain Relief 6:30pm	16 <b>Breastfeeding Support Group</b> 10am -12pm  <b>Community CPR/AED Certification \$20</b> <i>*Pre-registration required</i> 5:30pm-8:30pm	17	18	19 <b>Ask the Expert Essential Oils:</b> The Basics 10am	20 <b>Kingdom Kids in Action</b> 10am-12pm
21	22 <b>Ask the Expert Essential Oils</b> Series: Emotions 6:30pm	23 <b>Breastfeeding Support Group</b> 10am -12pm	24	25	26	27 <b>Kingdom Kids in Action</b> 10am-12pm
28	29 <b>Ask the Expert Essential Oils</b> Series 6:30pm	30 <b>Breastfeeding Support Group</b> 10am -12pm	31			
<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.

**Cost:** FREE

- **Essential Oils: Series**
  - Beginning this month, we can look forward to 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.

### Community CPR/AED Certification

**About:** An American Safety and Health Institute certification, this 4 hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

**Cost:** \$20

### 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.

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

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

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