



# HEALTHY LIVING CENTERS

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Breastfeeding Support Group</b> 10am -12pm  <b>Working Moms Support Group</b> 6-7:30pm	<b>2</b> Hear Well Live Well, Hearing & Balance, Lunch & Learn RSVP 12pm			
<b>6</b>	<b>7</b>	<b>8</b> <b>Breastfeeding Support Group</b> 10am -12pm	<b>9</b> <b>Community CPR/AED Certification \$20</b> <i>*Pre-registration required</i> 5:30pm-8:30pm	<b>10</b> <b>Brain Fit Activity Class</b> 11:15am	<b>11</b>	<b>12</b> Daddy Daughter Hair factory. 1-2pm
<b>13</b>	<b>14</b>	<b>15</b> <b>Breastfeeding Support Group</b> 10am -12pm	<b>16</b>	<b>17</b> <b>Managing Alzheimer's and Dementia Behaviors</b> 2:30pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach 6:00 pm	<b>22</b> <b>Breastfeeding Support Group</b> 10am -12pm	<b>23</b> Get Fit Port Orange Health and Fitness Challengers "Talk to Fitness Experts" 12-1PM 1-2pm Myofascial Release Techniques 6:15pm	<b>24</b> Know Your Shoes! Presented by Running Elements 6:00pm	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>Breastfeeding Support Group</b> 10am -12pm	<b>30</b>	<b>31</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

### 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.

**Schedule:** First Tuesday of the month

### Daddy Daughter Hair Factory:

**About:** Join Phil & Emma as we go over the basics of hair care. You'll learn all about brushing, braids and buns. Class is limited to 6 dad & daughter duos. You do not have to be a member of the YMCA to attend, but you must register. Contact Mica at [MLill@vfymca.org](mailto:MLill@vfymca.org) to register.

### Myofascial Release Techniques

**About:** also known as "foam rolling," has transformed from a once mysterious technique used only by professional athletes, coaches, and therapists to a familiar everyday practice for people at all levels of fitness. Recent information, technology, and affordable products have introduced an increasing array of training and recovery methods to the average person. Bring your foam roller and/or Lacrosse ball if you have one! By: Palmer Chiropractic

### Managing Alzheimer's and Dementia

**About:** Don't miss this free special seminar for medical professionals, family members and friends caring for a loved one with dementia and people who may be experiencing signs of early-stage dementia.

### Know Your Shoes

**About:** Presented by Running Elements

Having the correct footwear for standing, walking or running is extremely important and could help prevent future foot issues or current ones. Undergo a gait analysis and identify posture related or movement-related problems in people with injuries.

### Get Fit Port Orange Health and Fitness Challengers:

**About:** As you increase your physical activity get to know some common things that could happen. Come talk one on one with our experts! RSVP to [twiggins@port-orange.org](mailto:twiggins@port-orange.org)

### 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

### Hear Well Live Well by:

**About:** Dr. Stacy O'Brien from Atlantic Hearing & Balance, Lunch & Learn RSVP

The month of May is better hearing month, so please join Board-Certified Audiologist, Dr. Stacy O'Brien from Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss.

Topics we will review:

What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We'll clear up all the confusion about hearing devices.

If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

### 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 *Pre-registration required*

### 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](mailto:contact@primrosecameron.com)

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

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