



HEALTHY LIVING CENTERS

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Kingdom Kids in Action 10am-12pm
5	6 Healthy Pregnancy Group 6:00- 7:00pm	7 Breastfeeding Support Group 10am -12pm Working Moms Support Group 6:30-8pm	8 Understanding Autism 6-7pm	9	10	11 Kingdom Kids in Action 10am-12pm
12	13	14 Breastfeeding Support Group 10am -12pm	15 Intro to Diabetes Prevention 9am	16	17	18 Kingdom Kids in Action 10am-12pm
19	20	21 Breastfeeding Support Group 10am -12pm	22	23 Happy Thanksgiving!	24	25
26	27 Ask the Expert Essential Oils: The Basics 6:30pm	28 Breastfeeding Support Group 10am -12pm	29	30	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

HEALTHY LIVING CENTERS ARE SPONSORED BY:





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: The Basics**

- Learn the best ways to use essential oils, while learning how to use them safely. Presented by Young Living expert Tara Anderson.

Understanding Autism

About: Autism is an umbrella term that covers the scope from Asperger Syndrome to autistic. Autism touches so many lives and is primarily misunderstood. Come and join as we unravel the myths and facts about autism and how to manage. Spokespersons, Debra Dumas, M.Ed. and Pastor Lillie Dumas, from Autism, Guide, Inc. (a recognized non-profit status from the IRS, 501(c)(3)).

Intro to Diabetes Prevention

About: Learn the importance of physical activity, nutrition tips and other healthy lifestyle changes to prevent the adverse effects of Diabetes. Also, get details about our Evidence Based Program the Diabetes Prevention Program.

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.

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.

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

Healthy Living Centers are sponsored by:

