



HEALTHY LIVING CENTERS

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Healthy Pregnancy Group 6:00p- 7:00p	3 Breastfeeding Support Group 10am -12pm Working Moms Support Group 6:30p-8p	4	5	6	7 Kingdom Kids in Action 10am-12pm
8	9	10 Breastfeeding Support Group 10am -12pm	11 Ask the Expert Essential Oils: The Basics 9am	12 Know Your Numbers Event 8am – 12pm	13	14 Kingdom Kids in Action 10am-12pm
15	16	17 Breastfeeding Support Group 10am -12pm	18 Connect Hearing Screening 10am-12pm	19	20	21 Kingdom Kids in Action 10am-12pm
22	23	24 Breastfeeding Support Group 10am -12pm	25	26 Community CPR/AED Certification \$20 *Pre-registration required 5:30pm-8:30pm	27 Are you a Sugar Addict? Lecture/Group 9:00am	28 Kingdom Kids in Action 10am-12pm Daddy Daughter Hair Factory (Halloween Edition) *Pre-registration required* 1-2pm
29	30 Flu Shots 9am-12pm Medicare Info Session 12-2pm Provided by Walgreens Ask the Expert Essential Oils: The Basics 6:30pm	31 Breastfeeding Support Group 10am -12pm	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.

Know Your Numbers Event

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

Provided by Walgreens:

- **Flu Shots:** To protect yourself against the main strains of the flu virus, you should receive an annual flu shot. Please consider getting your shot today!
 - **Cost:** Most insurances taken or \$29.95
- **Medicare Info Session:** Understanding the differences between coverage plans can be confusing. Walgreens is here to help! Learn which "parts" are appropriate for your health needs.

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

Connect Hearing Screening

About: Audiologists from Connect Hearing will offer free hearing screenings to check for potential hearing loss/damage, check for wax blockages, and answer common questions about maintaining healthy ears. Walk-ins welcome! Takes only 5-10 minutes.

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.

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.

Sugar Addicts Support Group

About: For anyone who seeks to eat LESS sugar in their diet, learn about hidden sugars in food, learn healthy replacements for their favorite sweet treats. Always open to new participants!

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.

Daddy Daughter Hair Factory- Halloween Edition

About: On top of learning the basics of brushing, braids and buns in a hands on environment, this special edition class will teach you how to create a "spider-bun" for any spooky festivities coming up (medium-long hair recommended but all hair types welcome). Y! **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:

