



HEALTHY LIVING CENTERS

| June 2018 | | | | | | |
|----------------------------------|--|--|--|---|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 Overeaters Anonymous 10AM | 2 Girls scouts of OB 12-2pm Lifeguard training 7am - 12pm 2-5pm |
| 3 Lifeguard training 1-5pm | 4 Workout and Injury Prevention Talk With Our DOC 6PM | 5 "Stem Cells" Coast Integrative Health care 5pm Men's Celebrate Recovery 6-8pm | 6 Breastfeeding Support Group 10am - 12pm The Truth About SUGAR 5:30pm | 7 Straight Street 6pm | 8 Overeaters Anonymous 10AM | 9 Girls scouts of OB 12-2pm |
| 10 | 11 Foam Rolling 6:15pm | 12 Men's Celebrate Recovery 6-8pm | 13 Breastfeeding Support Group 10am - 12pm Hear Well Live Well, Hearing & Balance, Snacks provided RSVP 12pm | 14 Sports pictures 4-8 | 15 Overeaters Anonymous 10AM Sports pictures 4-8 | 16 Girls scouts of OB 12-2pm |
| 17 | 18 Mindfulness Based Stress Reduction (MBSR) 6pm | 19 Men's Celebrate Recovery 6-8pm | 20 Breastfeeding Support Group 10am - 12pm | 21 Straight Street 6pm | 22 Overeaters Anonymous 10AM | 23 Girls scouts of OB 12-2pm |
| 24 | 25 Mindfulness Based Stress Reduction (MBSR) 6pm | 26 Men's Celebrate Recovery 6-8pm | 27 Breastfeeding Support Group 10am - 12pm | 28 Angie Bee presents Thursday's with the Tour 4pm-6pm | 29 Overeaters Anonymous 10AM | 30 Girls scouts of OB 12-2pm |

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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The Truth About SUGAR:

Join Michelle Cole Dudley, MAED, BSN, RN Certified Health Coach to get the real truth about what we need to know about sugar to maintain a healthy lifestyle.

Angie Bee presents Thursdays with the TOUR

About: Join the group for an interactive monthly workshop featuring presenters, authors, videos, sharing and more!

Mindfulness Based Stress Reduction (MBSR)

Event: Join Teresa Rand to explore the practice and benefits of MBSR. Needed: mat to sit on, blanket, cushion or yoga blocks as needed for support. Class may be taken sitting on the floor or in a chair. Please arrive on time and plan to stay the full hour of class to avoid disruption of other participants.

Overeaters Anonymous Event: This is a Fellowship of individuals who through shared experience, strength and hope... are recovering from compulsive overeating. This meeting is open to young people too. For information contact: Victoria 386.441.2968 or victorianofi@aol.com

Hear Well Live Well By:

About: Dr. Stacy O'Brien from Atlantic Hearing & Balance, RSVP and 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.

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

Straight Street:

From Calvary Christian Church families of loved ones addicted to drugs support group.

Men's Celebrate Recovery

From Calvary Christian Church support group

Workout and Injury Prevention:

Join Boston Marathon Qualifier, Avid Runner and Triathlete Dr. Sonia Millan for a presentation and discussion on workout injury prevention and treatment! Light Snacks provided! RSVP mlill@vfymca.org

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!

Stem Cells

Myth Vs Fact. How Stem Cells can help Peripheral Neuropathy. Talks stem Cell Regeneration Prevents Joint Replacement with Dr. Steflik. Light snacks provided RSVP Mill@vfymca.org

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

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