



HEALTHY LIVING CENTERS

June 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 "Stem Cells" Coast Integrative Health care 10am	2
3	4	5 Breastfeeding Support Group 10am -12pm Working Moms Support Group 6:30-8pm	6 Hear Well Live Well, Hearing & Balance, Snacks provided RSVP 12pm	7	8	9
10	11	12 Breastfeeding Support Group 10am -12pm	13	14 The Truth About SUGAR 5:30pm	15	16
17	18	19 Breastfeeding Support Group 10am -12pm	20	21	22	23
24	25	26 Breastfeeding Support Group 10am -12pm	27	28	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

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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.

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

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

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 MIill@vfymca.org

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

Healthy Living Centers are sponsored by:

