



HEALTHY LIVING CENTERS

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Breastfeeding Support Group 10am - 12pm	2 Straight Street 6pm	3 Overeaters Anonymous 10AM	4 Girls scouts of OB 12-2pm
5	6 Mindfulness Based Stress Reduction (MBSR) 6pm	7 Men's Celebrate Recovery 6-8pm	8 Breastfeeding Support Group 10am - 12pm Hear Well Live Well, Hearing & Balance 12pm	9	10 Overeaters Anonymous 10AM	11 Girls scouts of OB 12-2pm
12	13 Mindfulness Based Stress Reduction (MBSR) 6pm 5 Essentials tips for protecting Brain Health 12:30PM	14 Men's Celebrate Recovery 6-8pm	15 Breastfeeding Support Group 10am - 12pm The Benefits of Pre-Planning Final Arrangements Lunch provided RSVP 12:45 Know Your Shoes 6PM	16 Straight Street 6pm	17 Overeaters Anonymous 10AM	18 Girls scouts of OB 12-2pm
19	20 Mindfulness Based Stress Reduction (MBSR) 6pm Budgeting and Saving Money 12:30PM	21 Men's Celebrate Recovery 6-8pm	22 Breastfeeding Support Group 10am - 12pm Blue Print of Financial Success 6pm	23 Healing Oils of the Bible 11AM	24 Overeaters Anonymous 10AM	25 RWB Triathlon Camp
26 RWB Triathlon Camp	27 Mindfulness Based Stress Reduction (MBSR) 6pm Budgeting and Saving Money 4:30PM	28 Men's Celebrate Recovery 6-8pm	29 Breastfeeding Support Group 10am - 12pm	30 Angie Bee presents Thursday's with the Tour 4pm-6pm	31 Overeaters Anonymous 10AM	
Notes: For more information on each event, please flip calendar.						

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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HEALTHY LIVING CENTERS

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.

Angie Bee presents Thursdays with the TOUR

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

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.

5 Essentials Tips to Protecting Brain Health

about: Do you or someone you know have dementia or Alzheimer's? Have you suffered from a concussion or head injury? Do you have migraines or headaches? Worldwide around 50 million people suffer from dementia, with that number expected to double in the next 20 years. 1 billion people or 1/6 of the population suffer from some type of brain disorder. This health presentation is designed to unravel the key elements that can be implemented TODAY to naturally improve AND preserve brain health in order to live a healthy and abundant life despite the inevitable process of age.

Blue Print of Financial Success

About: Want to learn how to build a strong financial foundation? During our free seminar, "Blueprint for financial success," we will explore the basics of building financial security, including managing debt, growing savings, and safeguarding against risk and unexpected events. All participants will receive a complimentary workbook. Presented by New York Life Sarah McAllister, Financial Services Professional.

Healing Oils of the Bible

About: Did you know that essential oils were an important part of daily life in Bible times? You'll get to experience the oils mentioned in the Bible as we explore scripture references and the ancient uses of these wonderful oils with Janine Wooten.

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

Parenting Workshops Redirecting Children's Behavior

About: CONSEQUENCES THAT WORK discusses natural and logical consequences and how parents and teachers can use them effectively. SEATING IS LIMITED! RESERVE YOUR SPACE TODAY! YMCA members may register for these programs at the front desk. Non-members may register by calling, texting, or emailing RCB Daytona Beach(386) 233-9996 | RCBDaytona@gmail.com FREE for YMCA Members | Non-Members: \$15/person or \$20/parenting couple

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

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

The Benefits of Pre-Planning Final Arrangements

About: You are invited to join us for a very informative session that will answer all your questions about the cemetery, cremation, and funeral industry. Planning your arrangements is about **protecting your loved ones from extra financial and emotional stress** as well as **giving yourself peace of mind** knowing your wishes will be granted. This will be a 45-minute presentation where we turn a difficult discussion into an easy and comfortable conversation. You're encouraged to ask questions, express concerns, and share stories. Beverages and light snacks of vegetable and meat/cheese platters will be provided. To RSVP, please contact Mica Lill, YMCA Community Health Outreach Director, at MLill@vfymca.com or 386-425-5210. For more information, you may contact Richard Bock, Family Service Counselor with DeLand Memorial Gardens and Lohman's Funeral Home, at RBock@StoneMor.com or 386-740-1108.

Budgeting and Saving Money

About: Presented by Fifth and Third Bank to help you start your journey to financial health done right.

Know Your Shoes

About: Whether your gearing up for the next 5k or just need a perfect shoe, join Dales Shoes as we present how to find that perfect fit!

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

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