



# HEALTHY LIVING CENTERS

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Hear Well Live Well 12PM	2	3	4
5	6	7 Breastfeeding Support Group 10am - 12pm  Working Moms Support Group 6:00-7:30PM	8 Protecting your Identity 12:30PM	9 Know Your Shoes 6PM	10 Stem Cells 10AM	11
12	13	14 Breastfeeding Support Group 10am - 12pm	15 Healing Oils of the Bible 11AM  Parenting Workshop 6:30-8:30PM	16 Protecting your Identity 6PM	17	18
19	20 Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach 6PM	21 Breastfeeding Support Group 10am - 12pm  Guaranteed Income planning solutions. 12:15	22	23 Self-Hypnosis 6-9PM	24	25
26	27	28 Breastfeeding Support Group 10am - 12pm	29	30 Self-Hypnosis 6-9PM	31 Narcans Training International Overdose Awareness Day 9AM 11AM 1:30PM RSVP space limited	
	<b>Notes:</b>					

**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.

### 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.

### Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach

**About:** Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk—Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or [contact@primrosecameron.com](mailto:contact@primrosecameron.com)

### Self-Hypnosis

**About:** Introductory class on self-hypnosis covering, what it is, what it can be used for, and how to do it. Participants will experience several short group hypnotic trances and will receive suggestions that will be useful to them immediately. They will then learn to induce self-hypnosis. Hypnosis/self-hypnosis has been proven to be effective for habit control (weight loss, smoking cessation, etc.), improving learning and work performance, improving general health and personal well-being, stress management, and many other activities of daily living. The class is educational in nature for individual use. It is not to be considered to be therapeutic hypnosis or to prepare individuals to perform hypnosis for others.

### 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

### Protecting Your Identity

**About:** Join fifth and Third Bank and learn how to protect yourself against identity theft.

### 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!

### Stem Cells

**About:** Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP [MIill@vfymca.org](mailto:MIill@vfymca.org)

### 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](mailto:RCBDaytona@gmail.com) FREE for YMCA Members | Non-Members: \$15/person or \$20/parenting couple

### Guaranteed Income planning solutions

**About:** Please join us for a short informational seminar on the benefits of adding guarantees to your retirement. We'll discuss how just a few simple steps can help create the retirement lifestyle that you desire. Presented by New York Life Sarah McAllister, Financial Services Professional.

### Narcan Training on International Overdose Awareness Day

**About:** ATTENDEES MUST RSVP ON THE FB EVENT PAGE AND CALL 954-859-4696 or email [luisgarciafla2@gmail.com](mailto:luisgarciafla2@gmail.com) to receive FREE NARCAN. Three Classes (40 seats per class) will be held at 9AM, 11am then at 1:30PM. Each class lasts two hours and covers CPR/ AED/ Narcan skills.

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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