



HEALTHY LIVING CENTERS

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Mindfulness Based Stress Reduction (MBSR) 6pm	3 Men's Celebrate Recovery 6-8pm	4 HAPPY 4TH OF JULY!	5 Straight Street 6pm	6 Stem cells 10am Overeaters Anonymous 11:30am	7 Girls Scouts of OB 12-2pm
8	9 Mindfulness Based Stress Reduction (MBSR) 6pm	10 Men's Celebrate Recovery 6-8pm	11 Breastfeeding Support Group 10am - 12pm Treatment and Prevention of knee and joint pain with Brooks Rehab and Atlantic Foot & Ankle 12:15pm	12	13 Overeaters Anonymous 10am	14 Girls Scouts of OB 12-2pm
15	16 Mindfulness Based Stress Reduction (MBSR) 6pm	17 Foam Rolling (Myofascial Release) 5:15pm Men's Celebrate Recovery 6-8pm	18 Breastfeeding Support Group 10am - 12pm Hear Well Live Well, Hearing & Balance, Snacks provided RSVP 12pm Parenting Workshops Redirecting Children's Behavior 6:30-8:30pm	19 Straight Street 6pm	20 Overeaters Anonymous 10am	21 Girls Scouts of OB 12-2pm
22	23 Massage "What's the Point" 12:45pm Mindfulness Based Stress Reduction (MBSR) 6pm	24 Men's Celebrate Recovery 6-8pm Stem Cells 5pm	25 Breastfeeding Support Group 10am - 12pm Guaranteed Income planning solutions. 12:15pm	26 <i>Angie Bee presents</i> Thursday's with the Tour 4pm-6pm	27 Overeaters Anonymous 10am	28 Girls Scouts of OB 12-2pm
29	30 Mindfulness Based Stress Reduction (MBSR)	31 Men's Celebrate Recovery 6-8pm				

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!

Treatment and Prevent of knee and joint pain with Brooks Rehab and Atlantic Foot & Ankle

About: Do you have joint or knee pain? Do you have heel pain first thing in the morning? Are daily activities of walking, running or standing becoming uncomfortable or even impossible? If your pain isn't improving, or if you want to learn how to prevent this painful condition, please attend this free community event with: Podiatrist, Dr. Hilaree Milliron, DPM from Atlantic Foot & Ankle and Physical Therapist, Dr. Ashley Perry, PT, DPT, MTC from Halifax Health | Brooks Rehabilitation

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

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

Massage "What's the Point"

About: Learn about Trigger Point Therapy and other pain management measures through massage.

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP MIllill@vfymca.org

Foam Rolling (Myofascial Release)

About: 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!

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.

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.

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

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