



HEALTHY LIVING CENTERS

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 BINGO 9AM-11AM	4 Happy 4th of July!	5	6	7
8	9	10 Breastfeeding Support Group 10am -12pm Stem Cells 5pm Working Moms Support Group 6-7:30pm	11 Hear Well Live Well, Hearing & Balance, RSVP 12pm Toastmasters 6:15-7:45pm	12	13	14
15	16 Dr. Primrose Motivational Speaker-Facilitator-Empowerment Coach 6pm	17 Breastfeeding Support Group 10am -12pm	18 Toastmasters 6:15-7:45pm	19	20	21
22	23 Fertilize like a Floridian 12:30pm	24 Breastfeeding Support Group 10am -12pm Blue Print of Financial Success 6pm	25 Toastmasters 6:15-7:45pm The Benefits of Pre-Planning Final Arrangements Lunch provided RSVP 12:45	26 Foam Rolling (Myofascial Release) 6pm	27	28
29	30	31 Breastfeeding Support Group 10am -12pm				

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 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.

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

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.

Fertilize like a Floridian

About: The magnificent places we love – Blue spring, Lake Monroe, DeLeon Springs, St. Johns River, Halifax River, Indian River Lagoon, even the ocean– are being spoiled by excess nutrients - the same nutrients we spread on our lawns as fertilizer. Volusia County calls all residents to Be Floridian Now! Nitrogen in our waterbodies can cause algae blooms and fish kills, affect wildlife habitats, and seep into our drinking water. We will discuss the special conditions we have as Floridians that guide how we can save this precious resource for ourselves and for the future. Join with your community to be part of the solution to protect our waterways, and save the places where we fish, boat and swim. Learn how to Fertilize like a Floridian and follow Florida Friendly yard care practices and landscaping ideas.

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

Foam Rolling (Myofascial Release)

About: 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!

Toastmasters

About: In making a first impression, we are judged first by how we look and second by how well we speak. While genetics determines our looks, speaking well is a learned skill. Clear communication is a major factor in achieving success in any endeavor be it business or at home. Toastmaster's focused educational programs teach people of all ages how improve their verbal communication abilities. To thrive we must learn to effectively communicate our ideas, our values, our feelings, our complaints to our doctors and our hopes to our loved ones. Effective verbal communication is at the core of all positive human relationships. Improving your communication and leadership skills can be accomplished by joining the new Toastmasters Club now forming in Port Orange. Southeast Volusia people are happily joining the new Toastmasters club that will be meeting in Port Orange

Bingo

About: Free Bingo games with lunch provided. Enjoy playing bingo while winning raffle prizes. RSVP at Port Orange YMCA or MLill@vfymca.org

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.

Stem Cells

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

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

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