



HEALTHY LIVING CENTERS

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Kick Off 7PM	3	4
5	6 Walk and Talk with City Manager 7AM FL Health Care Plans presents Healthy Eating Habits Lunch Provided 12PM	7	8	9 FL Health Care Plans presents Healthy Eating Habits Food Provided 6PM	10	11
12	13 Walk and Talk with City Manager 7AM Mindset with Tasso 12PM	14	15	16 Mindset with Tasso 6PM	17	18
19	20 Walk and Talk with City Manager 7AM Diabetes Education With GNC and Halifax Health Diabetes Educators 12PM	21	22	23 Diabetes Education With GNC and Halifax Health Diabetes Educators 6PM	24	25
26	27 Walk and Talk with City Manager 7AM Living Your Best Life Presented By Halifax Health Mark Spivey and Staci Scrabis 12PM	28	29	30 Living Your Best Life Presented By Halifax Health Mark Spivey and Staci Scrabis 6PM	31	



SICA Hall Community Center
1065 Daytona Ave
Daytona Beach, FL 32117

In Partnership With The Holly Hill Family YMCA

For more information regarding HLC events please contact
our Community Health Outreach Director Mica Lill:
mllill@vfymca.org, or call (386)425-5210.



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Healthy Eating Habits

Don't settle for boring lunches or unhealthy options from the drive thru any longer! Learn some easy tips and tricks on how to pack a healthy lunch and enjoy some healthy food at our special workshop taught by Florida Health Care Plans Registered Dietitians and Nutritionists.

The Daily Grind: balancing between work and life"

Presented by: Mark Spivey, MA, LCSW
Renew You Health and Wellness Behavioral Therapist and Stacey L. Scrabis, MS, RD,
CSSD, LDN Registered Dietitian

Diabetes Education

Join us for an education workshop on diabetes with Chris Squires from GNC and Kim Koevenig RD, LD/N, CDE Coordinator, Halifax Health Diabetes Education



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