



HEALTHY LIVING CENTERS

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mindfulness Based Stress Reduction (MBSR) 6pm	2 Flu shots 12-2pm Men's Celebrate Recovery 6-8pm	3 Breastfeeding Support Group 10am-12pm Understanding Your Credit 5pm	4 Know your Numbers 8am-12pm Parkinson's Board Meeting 5:30pm	5 Overeaters Anonymous 10am United Health Care Plans 12-3pm	6
7	8 Mindfulness Based Stress Reduction (MBSR) 6pm	9 Tech Help and coffee! 9:30am-12pm Men's Celebrate Recovery 6-8pm	10 Medicare 101 9am Breastfeeding Support Group 10am-12pm	11 Be Well Building Bones Naturally 9am Straight Talk 6pm	12 Overeaters Anonymous 10am United Health Care Plans 12-3pm	13
14	15 Mindfulness Based Stress Reduction (MBSR) 6pm	16 Men's Celebrate Recovery 6-8pm	17 Medicare 101 9am Breastfeeding Support Group 10am-12pm Medicare 101 12:15pm Ridding Your Home of Harmful Toxins 6pm	18 Home Buyers 8:30am Kids Yoga 5:30-6pm 3-7yrs 6-6:30pm 8-14yrs	19 Overeaters Anonymous 10am United Health Care Plans 12-3pm	20
21	22 Mindfulness Based Stress Reduction (MBSR) 6pm	23 Men's Celebrate Recovery 6-8pm	24 Breastfeeding Support Group 10am-12pm College planning 6pm	25 Medicare Educational Snacks provided 9am <i>Angie Bee presents</i> Thursday's with the Tour 4pm-6pm Straight Talk 6pm	26 Overeaters Anonymous 10am United Health Care Plans 12-3pm	27
28	29 Mindfulness Based Stress Reduction (MBSR) 6pm	30 Men's Celebrate Recovery 6-8pm	31 Breastfeeding Support Group 10am-12pm Hear Well Live Well, Tinnitus and Hearing 12pm			
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

Angie Bee presents Tuesdays with the TOUR

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

Ridding your Home of Harmful Toxins

About: Did you know that their products in your home that contain toxins known to be harmful, yet are somehow still allowed on the market? Outrageous. Learn to look for the main offenders, and how to make better choices by swapping out the toxic junk with all natural, plant-based products. Take steps toward better health simply by knowing this information. Taught by Janine Wooten with Young Living Essential Oils

Hear Well Live Well by:

About: 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.

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.

United Health Care Plans

About: learn your options with UHC

Medicare 101

About: Sunsure Insurance Solutions guides you thru the steps to Medicare basics

Tech Help and Coffee

About: Alex Martin is here to help you with your technology woes. Bring your mobile device, tablet, or laptop in and Alex can help you get it set up and configured. There will also be free information and advice about staying safe and protecting your privacy on the Internet.

Kids Yoga

About: 3-7 yrs. Our youngest yogis are impressionable, energetic, and often very easily distracted. They need a balance of structure and freedom in order to do their personal best. Classes for kids will be playful and calm. Building strength, balance, and concentration, classes will utilize expressive yoga techniques to help foster an environment of cooperation and inner wellbeing.

8-14 yrs. Students often face a long sedentary day sitting at a

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

Medicare 101:

About: presented by Humana

Know Your Numbers

About: Presented by Daytona State College Nursing Students. Come and have your BP, vision, height, weight, BMI checked.

Understanding Your Credit

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

Home Buyer

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

Be Well

About: Join Bridget, founder and CEO of BWell, LLC. She coaches clients on evidence-based areas of wellness, lifestyle management, nutraceuticals and overall well-being, including physical activity, nutrition, weight, stress, and life satisfaction. Topic for this seminar is **Building Better Bones Naturally.**

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

Medicare Educational

About: event by Wellcare Health Plans. There will be giveaways and light refreshments will be served.

Flu shots

About: presented by CVS

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

Healthy Living Centers are sponsored by:

