



# HEALTHY LIVING CENTERS

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>Breastfeeding Support Group</b> 10am - 12pm	3 <b>Hear Well Live Well, Tinnitus and Hearing</b> 12pm	4	5	6
7	8 <b>Stem Cells</b> 6-7pm	9 <b>Breastfeeding Support Group</b> 10am - 12pm	10 <b>Grand Opening Meet Dr. Williams</b> 12-1pm 6-7pm	11 <b>Know Your Numbers</b> 8am-12pm	12 <b>Understanding Your Credit</b> 8:30am	13 <b>Lifeguard Training</b>
14 <b>Lifeguard Training</b>	15 <b>Dr. primrose Empowerment Women's Coach</b> 6pm  FHCP Membership fitness Plans 10:30am-12:30	16 <b>Breastfeeding Support Group</b> 10am - 12pm  <b>Ridding Your Home of Harmful Toxins</b> 6pm	17 PO Board Meeting 8:30am <b>Medicare 101</b> 10am <b>Parenting Workshop What to do when kids drive you crazy</b> 6:30-8:30	18	19	20
21	22 <b>First Time Home Buyer</b> 6pm	23 <b>Breastfeeding Support Group</b> 10am - 12pm	24 <b>Medicare 101</b> 9am	25 <b>Be Well Building Bones Naturally</b> 9am  <b>The Truth About Sugar</b> 6pm	26	27
28	29	30 <b>Breastfeeding Support Group</b> 10am - 12pm	31			
<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

### **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)

### **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.

### **Grand Opening**

**About:** Halifax Health and Volusia Flagler YMCA to Host Four Open House Events to Introduce Medical Director for Healthy Living Centers. Meet Dr. Williams from 12-1pm and 6-7pm

### **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.

### **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

### **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

### **Stem Cells**

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

### **Understanding Your Credit**

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

### **First Time Home Buyer**

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

### **The Truth about SUGAR:**

**About:** Join Michelle Cole Dudley, MAEd, BSN, RN Certified Health Coach to get the real truth about what we need to know about sugar to maintain a healthy lifestyle

### **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.**

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

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