



HEALTHY LIVING CENTERS

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 Hear Well Live Well, Tinnitus and Hearing 12pm	11	12	13
14	15 Flu Shots 8:30-10:30	16	17 Living Wills and Trusts 10:30-11:30	18	19	20
21	22	23	24 Medicare 101 9-10am	25	26	27
28	29	30	31			

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



HEALTHY LIVING CENTERS

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.

Medicare 101:

About: presented by Humana

Flu shots

About: presented by CVS