



HEALTHY LIVING CENTERS

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Neighborhood Watch 6pm	2	3
4	5 Budget and Savings by Fifth Third Bank 12pm	6	7	8 How to Stretch 6pm	9	10
11	12 Eat This Not That 12pm	13	14	15 Five Sneaky Causes of Weight Gain 6pm	16	17
18	19 Healthy Eating 12pm	20	21	22 Happy Thanksgiving!	23	24
25	26 Fininacial Check up 12pm	27	28	29 Diabetes 6pm	30	



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: mlill@vfymca.org, or call (386)425-5210.



HEALTHY LIVING CENTERS

Budget and Savings

About: presented by Fifth and Third Bank

Eat this, Not that

About: presented by Humana

5 Sneaky causes of weight gain:

About: presented by Humana

Healthy Eating

About: what to put in your mouth presented by Tasso

Join Amy Freer, will be demonstrating how to stretch those achy muscles properly after your workout. Bring your questions so she can give you tips on how to prevent injury and minimize soreness.

Medicare 101:

About: presented by Humana

Financial check up

About: presented by Fifth Third bank

Diabetes

About: November is national Diabetes Awareness month. Join us for a free seminar to guide you to a healthier life style.

How do I stretch this?

About: Join Amy Freer, will be demonstrating how to stretch those achy muscles properly after your workout. Bring your questions so she can give you tips on how to prevent injury and minimize soreness.



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