



HEALTHY LIVING CENTERS

November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Overeaters Anonymous 10am United Health Care Plans 12-3pm	3
4	5 Medicare 101 10am By sunshine insurance Mindfulness Based Stress Reduction (MBSR) 6pm	6 Men's Celebrate Recovery 6-8pm	7 Eat this, Not that 9am Breastfeeding Support Group 10am - 12pm Building Bones Naturally 12:45pm	8 Straight Talk 6pm	9 Overeaters Anonymous 10am	10
11	12 Osteoporosis 12:30pm Mindfulness Based Stress Reduction (MBSR) 6pm	13 Men's Celebrate Recovery 6-8pm	14 Breastfeeding Support Group 10am - 12pm Health Care Reform 101 12:15pm	15 Overeaters Anonymous 10am Diabetes 11-12pm	16 United Health Care Plans 12-3pm Silver Sneakers Fall Enrollment 10-12pm	17
18	19 Lunch and Learn Medicare information by Wellcare 12:30pm Mindfulness Based Stress Reduction (MBSR) 6pm	20 Men's Celebrate Recovery 6-8pm	21 Breastfeeding Support Group 10am - 12pm	22 Happy Thanksgiving	23 Overeaters Anonymous 10am	24
25	26 Mindfulness Based Stress Reduction (MBSR) 6pm	27 Men's Celebrate Recovery 6-8pm	28 5 Sneaky cause of weight gain 9am Breastfeeding Support Group 10am - 12pm Hear Well Live Well, Tinnitus and Hearing 12pm	29	30 Stem Cell 10-11am Overeaters Anonymous 11am Angie Bee presents Friday's with the Tour 4pm-6pm	

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
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HEALTHY LIVING CENTERS

Angie Bee presents Friday's with the TOUR

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

Eat this, Not that

About: presented by Humana

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.

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

Diabetes

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

5 Sneaky causes of weight gain:

About: presented by Humana

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

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.

Osteoporosis

About: presented by Cheryl

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP Mlill@vfymca.org

Building Better Bones Naturally.

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.

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

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