



HEALTHY LIVING CENTERS

November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Stem cells 10am	3
4	5 Regions Bank Identity Theft Lunch and Learn 1pm	6 Breastfeeding Support Group 10am -12pm	7 Eat this, Not that 9am Hear Well, Live Well Healthy Hearing Screenings 12pm Death Café 6-8pm	8 Self-Hypnosis 6-9pm	9	10
11	12 Building Bones Naturally 12:45pm Stem Cells 6-7pm	13 Breastfeeding Support Group 10am -12pm Diabetes Prevention 12:30 pm	14 Silver Sneakers Enrollment 10:30-12:30pm	15 Self-Hypnosis 6-9pm	16	17
18	19 Dr. Primrose Empowerment women's coach 6pm	20 Breastfeeding Support Group 10am -12pm	21	22 Happy Thanksgiving	23	24
25	26 Osteoporosis 12:30pm	27 Breastfeeding Support Group 10am -12pm	28 5 Sneaky causes of weight gain by Humana 9am	29	30	

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

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.

If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

Osteoporosis

About: learn about the signs and symptoms from Cheryl DPT.

Self-Hypnosis

About: introductory class on self-hypnosis, covering what it is, what it can be used for and how to do it.

Death Café

About: This forum is simply a conversation about death with no agenda, objective or theme. Rather a discussion group to encourage dialogue on the topic of death.

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

Stem Cells

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

Diabetes

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

Regions Bank

About: Identity Theft. A lunch and learn on how to protect yourself.

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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