



HEALTHY LIVING CENTERS

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Men's Celebrate Recovery 6-8pm	5 Sugar, Not so Sweet 9am Breastfeeding Support Group 10am -12pm	6 Dementia/Alzheimer's Caregivers 2-4pm Straight Talk 6pm	7 Overeaters Anonymous 10am	8
	10	11 Men's Celebrate Recovery 6-8pm	12 Breastfeeding Support Group 10am -12pm	13 Aquatics 1-2 pm Membership 2 - 3 pm Straight Talk 6pm	14 Overeaters Anonymous 10am	15
16	17	18 Men's Celebrate Recovery 6-8pm	19 Stretch your Dollar 9am Breastfeeding Support Group 10am -12pm Hear Well, Live Well 12pm Intro to Acupuncture 1pm	20 Medicare Education by Well Care 9am	21 Stem Cells 10-11am Overeaters Anonymous 11am	22
23	24 Christmas Eve	25 Merry Christmas!	26 Breastfeeding Support Group 10am -12pm	27	28 Overeaters Anonymous 10am Angie Bee presents Friday's with the Tour 6-7:30pm	29
30	31					

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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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!

Sugar, the Not so Sweet

About: presented by Humana

Hear Well Live Well by:

About: Please join Board-Certified Audiologists 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.

Into to Acupuncture

About: Learn the benefits to acupuncture and physical therapy to help with pain relief.

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

Stretch your Dollar

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

Stem Cells

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

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

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