



HEALTHY LIVING CENTERS

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 FHCP Member Information 10-12 Financial Tips and DIY Gift Ideas 12:45pm Stem Cells 6-7pm	4 Breastfeeding Support Group 10am -12pm	5 Hear Well, Live Well 12pm	6	7	8
9	10	11 Breastfeeding Support Group 10am -12pm	12 Death Café 6-8pm	13 VCRN Meeting 1:30-2:30pm	14	15
16	17 Clinical Trials 101 12:30pm Dr. Primrose Empowerment women's coach 6pm	18 Breastfeeding Support Group 10am -12pm	19 Board Meeting 8:30am Humana 10am Toastmasters 6-8pm	20 Financial Literacy 6pm	21	22
23	24 Christmas Eve	25 Merry Christmas	26	27	28 Stem Cells 10-11am	29
30	31					

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

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.

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.

Financial Literacy

About: presented by Sara with New York Life Insurance

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 Mlill@vfymca.org

Clinical Trials 101: Understanding Clinical Trials

Clinical trials are necessary to move new medications and treatments forward. You'll learn the basics of what clinical trials are, how the clinical trial process works, and how you can find clinical trials in your geographical area.

Toastmasters

About: Toastmasters focused educational programs teach people of all ages how to improve their verbal communication abilities.

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

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