



HEALTHY LIVING CENTERS

Decemeber 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Sugar, the not so sweet truth 9-10am	6	7	8
9	10 Stem Cells 6-7pm	11	12 Hear Well, Live Well 12pm	13	14	15
16	17	18	19 Stretch your Grocery Dollar 9-10am	20	21	22
23	24 Christmas Eve	25 Merry Christmas!	26	27	28	29
30	31					

For more information regarding HLC events please contact
our Community Health Outreach Director Mica Lill:
mllill@vfymca.org, or call (386)425-5210.



HEALTHY LIVING CENTERS

Hear Well Live Well by: Healthy Hearing Screening - 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.

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

Stem Cells

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

Sugar, the not so sweet truth
Presented by Humana

Stretch your grocery dollar
Presented by Humana

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