



HEALTHY LIVING CENTERS

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Breastfeeding Support Group 10am -12pm	3	4 Overeaters Anonymous 10am	5
6	7 Mindfulness Based Stress Reduction (MBSR) 6pm	8 Laughter Therapy 6pm Men's Celebrate Recovery 6-8pm	9 Stretch your Grocery Dollar 9am Breastfeeding Support Group 10am -12pm	10 Kids Yoga Ages 4-7 4:30-5 Ages 8-14 5-5:30	11 Overeaters Anonymous 10am	12
13	14	15 Intro to Acupuncture 11:30-12:30pm Men's Celebrate Recovery 6-8pm	16 Breastfeeding Support Group 10am -12pm Balancing work and Family 6:30-8:30pm	17 2018 Physical Guidelines Review 5:30pm	18 Overeaters Anonymous 10am	19
20	21 Clinical Trials 101 12:30pm Mindfulness Based Stress Reduction (MBSR) 6pm	22 Men's Celebrate Recovery 6-8pm	23 Habits of Healthy People 9am Breastfeeding Support Group 10am -12pm	24 Ormond Beach Board Meeting 5:30-6:30pm	25 Overeaters Anonymous 10am Angie Bee presents Friday's with the Tour 4pm-6pm	26
27	28	29 Men's Celebrate Recovery 6-8pm	30 Breastfeeding Support Group 10am -12pm Hear Well, Live Well 12pm	31 Parkinson's Board Meeting 5:30-7pm		

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!

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.

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.

Kids Yoga

About: Ages 4-7 and 8-14. Lead by Jennifer Sullivan

Stretch your Grocery Dollar

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

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

Men's Celebrate Recovery From Calvary Christian Church support group

Balancing Work and Family

About: learn how to nurture yourself and your family, so that your family supports your work.

Physical Guidelines with Dr. Williams

About: come and learn about the new topics for healthy workout routines.

Into to Acupuncture

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

Laughter Therapy

About: Are you stressed, sad and depressed? Do you want to add more laughter & joy in your life? Laughter Yoga is the latest Health Craze sweeping the world where anyone can laugh without any reason. It is truly a life changing experience for millions.

Habits of Healthy People

About: Presented by Humana

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

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