



HEALTHY LIVING CENTERS

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Breastfeeding Support Group 10am-12pm	2 Toastmasters 6-8pm	3	4	5
6	7	8 Breastfeeding Support Group 10am-12pm	9 Stretch your Grocery Dollar 9am Toastmasters 6-8pm	10	11	12
13	14	15 Breastfeeding Support Group 10am-12pm 2019 Physical Guidelines Review 5:30pm	16 Hear Well, Live Well 12pm	17 Preferred Fitness by FHCP 10-12pm	18	19 CPR/AED First-Aid 8:30-4:30pm
20	21 Dr. Primrose Motivational Woman's Coach 6pm	22 Breastfeeding Support Group 10am-12pm	23 Habits of Healthy People 9am Meditation to Inner Peace 3:30-4:30pm	24	25	26
27	28	29 Breastfeeding Support Group 10am-12pm	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.

Physical Guidelines with Dr. Williams

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

Stretch your Grocery Dollar

About: presented by Humana

Habits of Healthy People

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

Toastmasters

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

Preferred Fitness by FHCP

About: presented by Florida Health Care Plans

Meditation for Inner Peace

About: Enjoy a guided breathing meditation to help reduce your daily stress and anxiety and a short teaching on how to use meditation practice to live with more peace, compassion and wisdom.

Community CPR/AED/First Aid Certification

About: An American safety and health institute certification, this 8-hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

Pre-registration is required. Contact mlill@vfymca.org

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

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