



# HEALTHY LIVING CENTERS

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 Stretch your Grocery Dollar 9am	10	11	12
13	14	15	16	17	18	19
20	21	22	23 Habits of Healthy People 9am Hear Well, Live Well 12pm	24	25	26
27	28	29	30	31		

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



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## **Hear Well Live Well by: Healthy Hearing Screening**

**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.

## **Stretch your Grocery Dollar**

**About:** Presented by Humana

## **Habits of Healthy People**

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