



HEALTHY LIVING CENTERS

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13 Boosting your mood with Food and Fitness 9am	14	15	16
17	18	19	20	21	22	23
24	25	26	27 Staying Social: How to do it right 9am Hear Well, Live Well 12pm	28		

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



HEALTHY LIVING CENTERS

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.

Boosting your mood with food and fitness About: Presented by Humana

**Staying Social: How to do it right
About: Presented by Humana**