



HEALTHY LIVING CENTERS

February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Posture Screening Event 9-12pm
3	4 Slashing your Debt 11am	5 Breastfeeding Support Group 10am-12pm	6 Welcome to the theater 1-2:30pm	7	8	9
10	11 Dr. Primrose Motivational Woman's Coach 6pm	12 Breastfeeding Support Group 10am-12pm	13 Boosting your mood with food and fitness 9am Hear Well, Live Well 12pm Welcome to the theater 1-2:30pm	14	15	16
17	18	19 Breastfeeding Support Group 10am-12pm	20 Welcome to the theater 1-2:30pm Meditation to Inner peace 3:30-4:30pm Balancing Love and Discipline 6:30-8:30pm	21 Love your Heart 9am Preferred Fitness by FHCP 10-12pm	22	23 CPR/AED First-Aid 8:30-4:30pm
24	25	26 Breastfeeding Support Group 10am-12pm	27 Staying Social 9am Welcome to the theater 1-2:30pm	28		

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

Posture screening event

About: Presented by local chiropractor Dr. Jennifer Demayo

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

Staying Social: How to do it right

About: Presented by Humana

Preferred Fitness by FHCP

About: presented by Florida Health Care Plans

Welcome to the theater

About: What is theater? How is it made, and where we can go to see it? Participants will explore these questions in lectures and discussions, video clips, hands on projects and activities, with an emphasis on acting exercises.

Love your heart

About: come, get the facts about heart health, and learn which healthy snacks make your heart happy.

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 will clear up all the confusion about hearing devices. If you or a loved one is experiencing symptoms of hearing loss, do not miss this hearing and technology expo.

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

Boosting your mood with food and fitness

About: Presented by Humana

Meditation to 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.

Balancing Love and Discipline

About: Discuss the concepts of bring firm and kind, unconditional love and the value of more action and less talk.

Free for YMCA members

Non-members: \$15/person or \$20/couple

Slashing your Debt

About: Presented by Fifth Third Bank

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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